

Ferguson Family Chiropractic and Wellness Center Newsletter



OFFICE HOURS

Mon, Tues, Thurs, & Fri

8:00am - 6:00pm

Wed & Sat

8:00am - 12:00pm

**Ferguson Family
Chiropractic
and
Wellness Center**

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North Canton, Ohio
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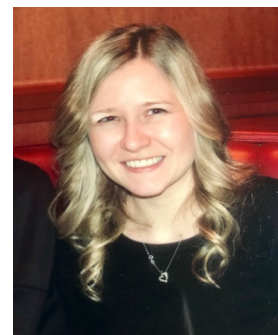
E: fergusonfwc@gmail.com

Visit us online at:
www.ffcwc.org

Stay connected with us
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Ask the front desk staff
about more information
for Family and
Individual Wellness
Plans!

Welcome Dr. Emily to Our Practice



Dr. Emily Rehm is a recent graduate of D'Youville College in Buffalo, New York where she was top of her class while obtaining her Doctorate of Chiropractic. Before pursuing her doctorate, she earned her Bachelors of Science in Biology in 3 years at Walsh University. Since completing her degree, she now resides in her hometown of Orrville.

Dr. Emily's favorite quote is by Thomas Edison and states, "The Doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease." She believes this quote describes what chiropractic has to offer for patients perfectly. She is very excited to start practice as she has had the great privilege and opportunity to shadow the great doctors at the office, and is excited to now work along side them.

Tips to improve your health this SUMMER!

1. Get outside and enjoy the sun!
2. Visit the chiropractor
3. Stay hydrated and take a swim
4. Visit local Farmer's Markets– Eat healthy and local
5. RELAX!



Keep Mosquitoes Naturally Away

Oh, the great outdoors– the sun is shining, birds are singing, and you're free to enjoy it all– when suddenly you hear that dreaded “bzzzz.” The fear of being covered in bug bites can get even some of the most health conscious people to slather on mainstream bug sprays. It's smart to be cautious, but most mainstream repellants, such as OFF, mainly contain harsh toxins that negatively effect the body– why expose yourself to such things when there are natural bug repellents that are even more effective than the mainstream ones?

Homemade Bug Spray

4 oz distilled water	What you need:
4 oz witch hazel	8 oz spray bottle
8 drops citronella oil	
8 drops rosemary oil	Mix all ingredients
8 drops tea tree oil	into spray bottle
8 drops lavender oil	shake and use.
8 drops peppermint oil	



Restoring your health. Revitalizing your life.

Shape Meetings Schedule

Thurs, June 14th @ 6pm

Thurs, June 28th @ 6pm

Make sure to contact our office
to get you on the schedule!

Welcome to encouraging one another on your journey toward embracing a healthier lifestyle. It is our goal at Ferguson Family Chiropractic & Wellness Center to oversee you in support, maintaining consistency, and continuity with the program. SHAPE is a “Lifestyle Modification, Total Health Restoration” program. We care about transforming your total health and not just eliminating toxic weight. We are not a “diet” or “weight loss program.” Food is medicine. This program “shines a spotlight on negative eating habits that contribute to common health challenges.

SHAPE is a living, breathing, and ever-changing program.

We continue to evolve and we can't wait to work with you to see how this program can change your life for the better.

Steph's Shape Pizza

Crust

3 eggs
½ cup cottage cheese (optional)
1 bag frozen cauliflower rice
Blend in the blender with garlic powder and Italian seasoning, line pan with parchment paper and pour “dough” onto pan, and bake for 20-30 minutes

Toppings

Tomato sauce
Cottage or mozzarella cheese (optional)
Favorite shape approved toppings

Bake at 400 for 20 minutes

ENJOY!