

# Seasons Greetings

From our family to yours



It has been a big year for Cincinnati Health Institute!

## Highlights

- Dr. Woeste turned 60!
- Dr. Beaver shot a buck during Indiana bow season!
- Ann Marie turned 50 this year!
- Nikki got her own office and a new ride!
- Brynn started her senior year at Oak Hills High school!
- Janina and Cinstinna started working at the office!
- Elizabeth Woeste spent her summer internship with us, giving the office a much needed facelift.

### CHRISTMAS KOMBUCHA


*Recipe*

**INGREDIENTS**

GT KOMBUCHA TRILOGY  
JUICE OF 1 LIME  
POMEGRANATE SEEDS

SERVES: 2

**POMEGRANATE BENEFITS:**  
HIGH IN IRON  
HIGH VITAMIN C  
ANTI-AGING  
IMMUNE SYSTEM BOOSTER



## The Best of 2020



- We redecorated the office.
- We now offer sauna appointments.
- We offer dry needling.
- We have a coffee bar for patients.
- We have an online app portal for a variety of health plans.
- Dr. Beaver got her own office and can see patients virtually. Ask how.

## Top Tips for Christmas Success

Here are some tips for staying healthy during the holidays:

1. Schedule your adjustment.
2. Protect yourself from pathogens with Microbiome Labs MegaCidin and MegaMune.
3. Stay hydrated.
4. Don't burn the candle at both ends. Take some time off if possible.
5. Start your New Year Detox with one of our popular detox protocols. Ask for more info.

## Christmas Coupon

As our gift to you this Christmas, here is a special offer of \$15 off your next visit!

# \$15 off

**SPECIAL OFFER!**

Your next chiropractic visit!

Valid in office. Not valid with any other coupon codes or offers; Some exclusions may apply; One coupon per customer; Offer subject to change anytime. Present coupon at time of visit.

Expires 12/31/20

So from our family to yours, we are wishing you a safe & happy holidays and a healthy new year!



# Wishing you a happy and healthy new year