

## John's 6 week Wellness Program to a Pain-Free Life

3 Lively Multi with Food (split in 2 doses)

Arnica 1m 10 sprays 3 times per day

2 Professional Probiotic – empty stomach

6 Stress Calming Factors per day (split in 2 doses with food)

6 Intestinal Enhancer – split throughout day with or without food

2 Vitamin D3

4 Pain Away – split dose throughout day with or without food

4 Triple Magnesium/Calcium Before Bed (adjust down if bowels are too loose)

3 Wellness Boosters with food and a large glass of water

8 Footbath Sessions – 1 per week for 8 weeks and then go to 2 times per month afterwards.

\*\*This may seem like a rather aggressive plan to you and yes, it is. But most people coming to see Dr. Nelson are so depressed from living in chronic pain that they are willing to give this a shot for at least 6 weeks – you will know in 6 weeks whether or not it is going to help you. Again, this is John's plan and if you came to see Dr. Nelson, your plan might be slightly different, but we wanted to share this plan for free in the event that you wanted to try it without being seen for an appointment.

This plan works best if it is an unexplainable all over pain, such as fibromyalgia or slight to moderate arthritis. It may not work with severe arthritis. There may be an alignment issue that a good chiropractor can help you with. If you need a referral for a chiropractor or physical therapists in the Pittsburgh area, please feel free to email us.

To start on this plan today, you can order all of these supplements for a special price of \$199 + free shipping!

(This is a \$28 discount!)

Reply to this e-mail with your name and number if you would like to take advantage of this special offer!