



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss



May Is Our Practice Anniversary 33 Years of Serving Your Health Needs

My how time flies. May is here already and it's hard to believe that 2011 is almost half gone. May is always a special month at the office because May 1, 1978 is when I started to practice in East Dubuque. **It doesn't seem possible that 33 years have passed.** It is even a greater blessing that I continue to be excited about going to the office each day and helping people find solutions to their health problems. Part of that excitement is that through continuing education, I find new and advanced ways to help people. Each day I ask God to give the wisdom, knowledge and intuition to help each person I see that day.

Anniversaries are for celebration and what better way to celebrate than to go out to dinner. Our tradition of **giving away four dinner packages** will continue. Our restaurants are Pepper Sprout and L. May in Dubuque, Timmerman's in East Dubuque and Fried Green Tomatoes in Galena. Each time you are in the office in May, you will be entered into the drawing. If you don't need to see me, stop in and sign up and wish us well for many anniversaries to come.

Certified Kinesio Taping Practitioner

About one year ago, I spent thirty hours learning Kinesio Taping protocols. Since then, I have used it extensively to assist the body to move in specific ways or to relieve pain. I recently passed the national certification exam by the Kinesio Taping Association and awarded the **title of Certified Kinesio Taping Practitioner (CKTP)**. There are five different ways of applying this elasticized tape to achieve different results. Having this knowledge has allowed me to treat conditions that previously would have taken a very long time to heal or could not be treated before. I have had two ladies who had knee replacements yet continued to have pain, one for two years and the other for four years. One specific tape application totally eliminated both ladies' pain. The tape allowed me to change the way their leg muscles were pulling across their new knees. This form of treatment will continue to be a great asset in my toolbox of experience in treating various conditions.

Ideal Protein Success Story – by Kristie

“Looking or maybe just giving thought to a new, healthier you? That is where I was when I decided enough was enough and I was going to do something with my unhealthy situation. A co-worker and friend walked down the hallway of our work place and looked amazing and had a glow about her. When I asked her what she was doing, she told me about Ideal Protein. I made the decision to get on the Program. Amy was a real instrument in setting and making my goals. She was clear and informative and very supportive. What seemed an impossible feat of losing 100 lbs became a reality when the pounds just began to melt away. I have lost 80 lbs and have maintained my weight for four months. I am looking forward to losing that last 20 lbs. I went from a size 18 to a size 10. One quote that describes my take on my new way of living is from Antony J. D'Angelo is “The greatest gift that you can give yourself is a little bit of your own attention.””

***Again, thank you for being our patient!
We appreciate you and look forward to serving you.***

David J. Weber, D.C., D.A.B.C.O.

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