



Specific Chiropractic & Slender Wrap Spa

Craig Wehrenberg, DC, B CAO

If you are ready to refine and reshape your health and your body, I've got good news for you – you can! You can also do it faster than you probably think you can. At Slender Wrap Spa we use revolutionary techniques and ingredients to reshape, tighten and tone, and help turn your body into a fat burning machine. It is all possible, but you have to be ready, take the first step, and commit to the process.

Our bodies are brilliant self-healing, self-protecting organisms. When given the right food, rest, water, exercise, mental attitude and nerve supply, our bodies work great. But when we don't treat our bodies right, things go wrong. Does this sound familiar?

You are carrying around ten to fifteen extra pounds, you can't start your day without a pot of coffee, you have aches and pains that don't make any sense, around two or three in the afternoon you are looking for more coffee to keep your eyes open, you can't remember why you walked into the other room, your digestive system is out of whack, and your hormones are a mess as well.

Again, I will let you know that there is hope!

Along with our nutritional anti-aging fat burning system, our Slender Wraps are the most popular service in our spa. When the two are combined, our clients are virtually guaranteed to get great results. Our wraps are soaked in minerals that help pull impurities out of our cells and tissues. At the same time, the tightness of the wraps tightens and tones the body. We guarantee that our clients will leave six to twenty inches slimmer after their first session at our spa. Many of our ladies with cellulite rave about the results.

Here are some tips that you can do now to start to change your body: most importantly, drink purified water daily; you should drink half your body weight in ounces every day, yes every day! Eliminate common toxins such as caffeine (a dehydrator), excessive alcohol, and artificial sweeteners. Eat organically whenever possible (right from the farm stand is best)—focus on more fresh fruits and vegetables and lean protein. Eat a more alkaline-based diet (Google alkaline foods);



most people are highly acidic and our bodies function best when we are more alkaline. Check your Ph level with litmus strips (get from any drug store); you want a Ph level of 7.2 or higher. Start a regular exercise program, including resistance training, stretching, yoga, Pilates or other physical and mental strengthening programs. Finally, deep breathing and meditation are powerful tools for the body and soul.

In looking for a nutritional system, find one that is nutrient-dense, 100% natural (organic) and incorporates trace minerals, gentle cleansing herbs, antioxidants, essential vitamins and a rich undenatured-whey protein that is free of hormones, steroids, or antibiotics. A balanced system allows for safe, effective weight management and supports the body's ability to produce lean, dense muscle. A system with these components will act as a catalyst to support the body's ability to cleanse impurities and replenish at the same time, nourishing without starving the body. The body wants to be its own natural detoxifier, but needs the right system to support it in that job. The system we use helps to unlock the body's true potential, so that through "de-junking" the body, we experience increased energy, enhanced physical and mental performance, safe weight loss, and a boosted immune system—in other words, optimum health. At the same time, we expect to see clients build lean muscle, while reducing unhealthy cravings.



Specific Chiropractic, P.C.

Dr. Craig Wehrenberg, DC
Dr. Tracey Mulhall, DC

Board Certified Atlas Orthogonists

Suffering from Headaches, Neck Pain, Low Back Pain, Pain in the Arms or Legs, Lack of Energy, or Difficulty Sleeping? Call today for a Complimentary Consultation.



Highpointe Wellness & SlenderWrap™ Spa

Ask us about our Special Initial Cleansing and Toning Package, Slender Body Wrap, Half Hour Sauna, Cleansing Fat Burning System



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