

The image features a vibrant tropical scene with numerous palm trees against a bright, yellowish sky. In the center, there is a large, stylized circular graphic. This graphic has a thick black outer border, followed by a white ring with a dotted pattern, and a black inner ring. Inside this circle, the words "HELLO" and "AUGUST!" are written in a black, hand-drawn, sans-serif font, stacked vertically.

HELLO  
AUGUST!

**31**  
DAYS IN THE  
MONTH



**Women's  
Equality Day**



**National  
S'mores Day**

**Llama  
Day**



**Poppy & Gladiola  
August Flowers**

**National  
Waffle Day**



# AUGUST

# FUN FACTS

**National  
Watermelon  
Day**



**Peridot  
Birthstone**

**Left  
Handed Day**



**Astrology Signs**



**Leo**

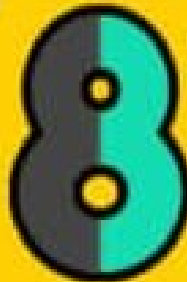


**Virgo**

**Back to  
School  
Month**



**National  
Video Game  
Week**



**8th Month  
of The Year**



**MADEWITHHAPPY.COM**



STAY  
HYDRATED

DRINK  
MORE  
WATER

# HUMAN BODY IS 70% WATER

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**24%**  
BONE



**75%**  
BRAIN



**80%**  
SKIN



**90%**  
LUNGS



**85%**  
BLOOD



**75%**  
MUSCLE



# SYMPTOMS OF DEHYDRATION

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DIZZINESS



DRY MOUTH



DARK URINE



HEADACHE



THIRST



FATIGUE



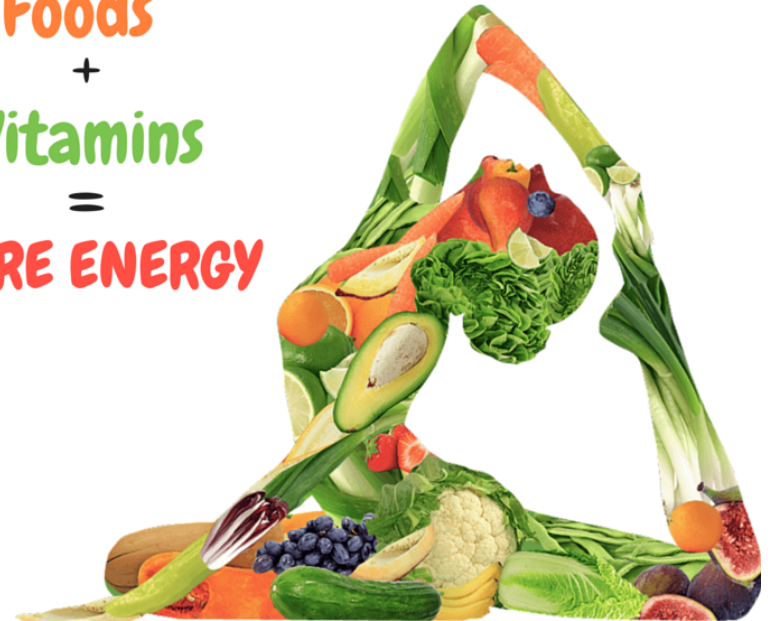


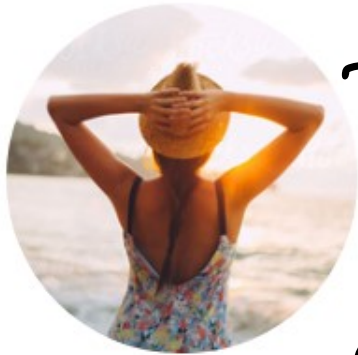
# Vitamin

**DEFICIENCY CAN MAKE YOU SICK**



**Foods**  
+  
**Vitamins**  
=  
**MORE ENERGY**





The recommended daily intake is 2 fruits and 3 vegetables.

A whole food supplement is an easy way to make sure your body gets all the vitamins it needs!



- ✓ No Dairy, Eggs or Animal By-products
- ✓ No Artificial Ingredients, Sweeteners or Preservatives
- ✓ Rich in Alkaline Nutrients to Support Balanced pH Levels\*



- ✓ 100% Natural - Whole Food, Plant Based Ingredients
- ✓ Sweetened with Stevia (No Calories, Low Glycemic)
- ✓ Vegetarian & Vegan
- ✓ Easy to Digest



- ✓ Non GMO
- ✓ No MSG or Yeast
- ✓ No Corn, Rye or Wheat
- ✓ No Soy Protein







WE WILL BE  
**CLOSED**  
ON  
**LABOR DAY**

**REED**CHIROPRACTIC

Office Closed  
9/4/23



**REED**CHIROPRACTIC

# LABOR DAY



**THANK YOU FOR YOUR HARD WORK**



# OFFICE HOURS

Monday, Tuesday, Friday:

9:00-12:40 pm, 3:00-5:40 pm

Wednesday:

9:00-12:40 pm, 3:00-6:40 pm

Thursday:

9:00-12:40 pm

**If you have a preference of doctor:**

**Dr. Reed is ONLY here Mondays, Tuesdays  
and Wednesdays.**

**Dr. Hood is here everyday EXCEPT Tuesdays.**



# FOLLOW US ON FACEBOOK

The screenshot shows the Facebook profile for Reed Chiropractic. The profile picture is a circular logo with the text 'REEDCHIROPRACTIC'. The cover photo is a large, stylized '3D' sign that says 'REED CHIROPRACTIC'. The page name is 'Reed Chiropractic' with the handle '@TempeChiropractors'. The navigation menu on the left includes Home, Services, Reviews, Photos, Videos, Posts, About, and Community, with a 'Create a Page' button at the bottom. The main content area features a 'Write a post...' section with options for Photo/Video, Tag Friends, and Check in. Below this is a 'Services' section with two items: 'New Patient Special' (Consultation, Exam, Xrays (if needed), and first a... for \$68) and 'Wellness Chiropractic Treatment' (Wellness Adjustments for \$29-\$38 paid at time of service). The right sidebar shows a 4.9 star rating based on 56 reviews, a 'Community' section with options to invite friends, and an 'About' section with a map showing the location at 250 W Baseline Rd, Ste 107.

Facebook.com/ReedChiroAZ

# Summer Berry Smoothie



## Ingredients:

- 1 ¼ cup frozen raspberries
- 1 large frozen banana (sliced)
- ½ cup pomegranate juice
- ¾ cup orange juice
- ¾ cup almond milk



Add a  
spoonful of  
Greens First  
Pro!



## Instructions:

- Add all ingredients into a blender and blend until creamy and smooth.
- Taste and adjust flavor as needed- add more milk (or fruit juice) if too thick, add more banana if it's too tart for you. Enjoy!



# July 2023 New Patients

- Debbie F.
- Shannon R.
- Justin P.
- Amber N.
- Jordan G.
- Timothy K.
- Dan M.
- Curt J.
- Cory S.
- Lucinda F.
- Sage S.
- Brandi O.
- Anne E.
- Adriana W.
- Derrick S.
- Karen M.
- Ariel L.
- MaryJane R.
- Anne M.
- Cindy G.
- Deborh K.



# We Appreciate You!

## Thank you for the referral

- Michele K.
- Barb H.
- Kaleb T.
- Sage C.
- Russ H.
- Josh W.
- Dan M.





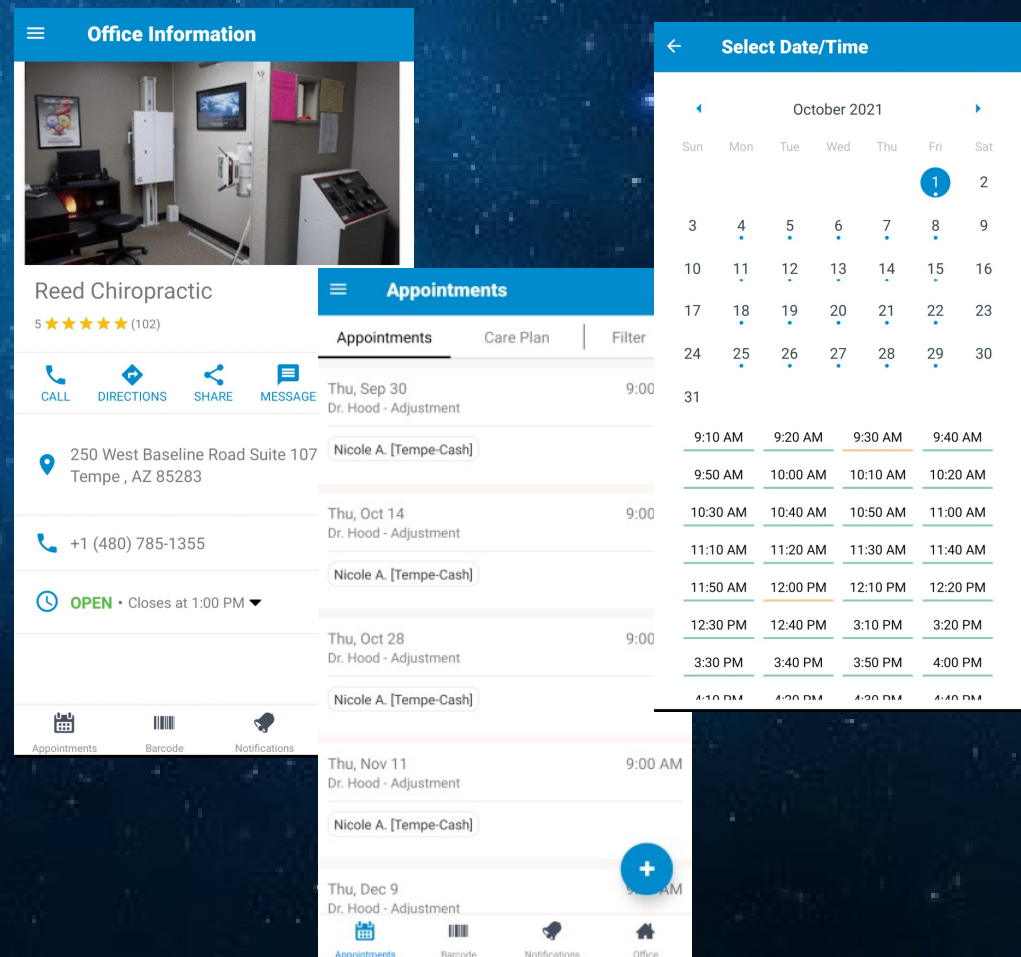
# DOWNLOAD

## *Our office app*

SKED is our new scheduling app! Set appointments without confirmation wait, see existing appointments and reschedule as needed. You will even be able to see what the busiest times of the day are using the color coding – so we can get you in and out quickly.

SKED will also replace our text system; send a message and communicate with us directly through the app using the MESSAGE action button.

(if you choose not to download the SKED app, scheduling will still be available through SKED online- link on the website. You will also still receive reminder texts.)





**Not getting our text message  
appointment reminders???**  
**Please let front desk know!**



**SKED**

**Me**

Hi Katie, we look forward to seeing you for your chiropractic appointment today at 10:20 am.

If you need to reschedule you may do so through our app with the link below.

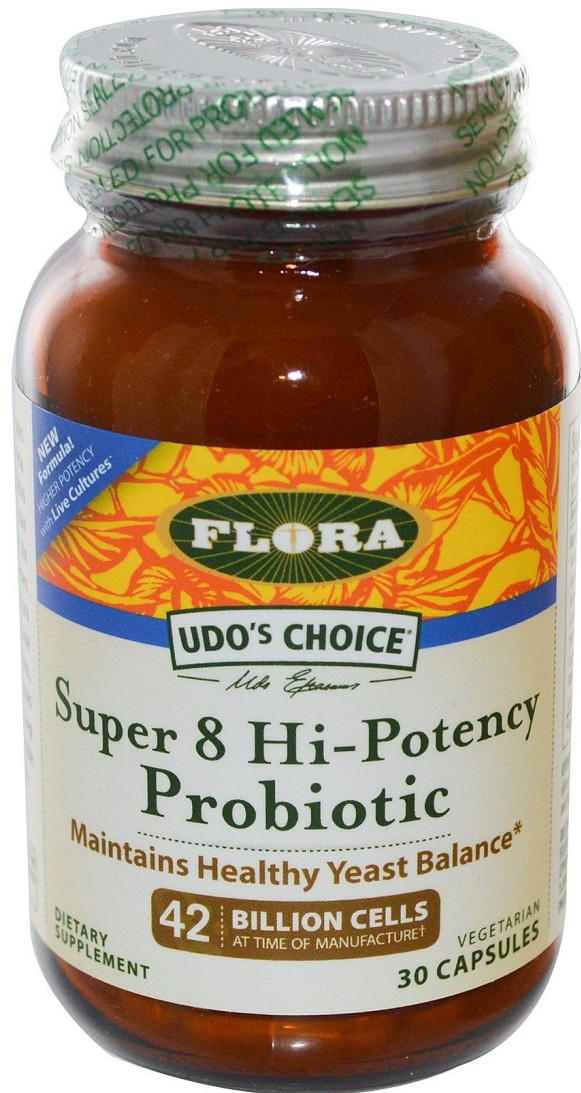
<https://a.sked.life/c/opensked>

Reed Chiropractic

# Supplement of the Month: Udo's Probiotics

30 capsules: \$22.70

60 capsules: \$40



 <p>Maintain good digestion</p>	 <p>Have antioxidant properties</p>	 <p>Improve neurotransmitter balance</p>
 <p>Keep strong immune system</p>	 <p>Improve cell growths</p>	 <p>Improve mental health</p>
 <p>Reduce inflammation</p>	 <p>Metabolize xenobiotics and heavy metals</p>	 <p>Fight the ravages of aging</p>

