

STRESS

- **STRESS IS THE LEADING CAUSE OF BURN OUT**
- DRAINS LIFE ENERGY
- CAUSES ACHES & PAINS
- INJURIES
- SLEEP DISORDERS
- DIGESTIVE TROUBLES
- ALLERGIES/IMMUNE DYSFUNCTION

ALL NATURAL LASEROLOGY HELPS WITH VARIOUS HEALTH CONDITIONS:

- SKIN
- CIRCULATION
- LYMPHATICS
- DIGESTION
- MUSCLE PAIN
- WEAK IMMUNITY
- MUSCLE SPASMS
- SPEEDS HEALING
- VARIOUS DISEASES
- MALE & FEMALE ISSUES & MORE...



CHIROPRACTIC

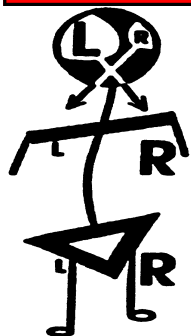
~Chiropractic is one of the most effective, affordable & naturally-based solutions to the stress that cripples us!

~Chiropractic is a highly skilled hands-on Life style process. Chiropractic-alignment is gentle, movement-specific & accomplished in just 5 short minutes!

~Chiropractic... removes mental blocks & physical tension, promotes evident & continual self-healing, improves our capacity to handle stress, helps us reach sustained peak performance!

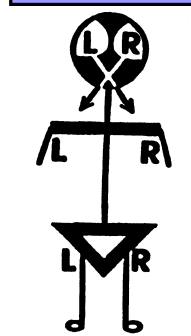
~The changes that take place may be compared to what happens when a computer fragments or freezes and must be rebooted.

BEFORE



Weakness
Mal-aligned
Fragmented
Locked Mentally

AFTER



Strong
Balanced
Integrated
Peak-performance

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- **Dr. Joseph Zdanowski** whose work conquers the accumulation and effects of stress, while fostering dramatic life changes that pave the way for more whole, healthful and productive states of living!
- Dr. Joseph Zdanowski, provide us a way out... out of the negative self-talk that we experience... out of the barriers and limitations that we, and the world place upon us... and out of the various restrictions and unhappiness that inevitably result from these circumstances. Wholeness, inner peace and joy become more attainable than most people ever imagine possible!
- We all long to be whole, healthy and productive people! Dr. Z will help get you there!

DR, JOSEPH ZDANOWSKI, DC NATURAL PRIMARY CARE PHYSICIAN

Joint Commission Recognizes DC's as Physicians
(JC: Largest credentialing body for hospitals and health care organizations in North America)

**CERTIFIED—MANIPULATION
UNDER LIGHT SEDATION (MUA)**

**ALSO SPECIALIZING IN THE
ART OF HEALING**

&

NERVOUS SYSTEM INTEGRATION

EXPERT IN:

- ARTHRITIS
- HEADACHES
- WEIGHTLOSS
- FIBROMYALGIA
- DIET RELATED—DISEASE
- NUTRITIONAL COUNSELING

**~DR Z's METHODS
NOT ONLY WORK
BUT OFTEN WORK
WONDERS..**

MUA
MANIPULATION UNDER
LIGHT SEDATION

DR Z IS NOW OFFERING NON-SURGICAL SURGERY...
 BACK PAIN / HEADACHES / DISC PROBLEMS MEDICATION ABUSE FROM PAIN...

SEE IF YOUR A RIGHT CANIDATE –
 CALL ME DR ZDANOWSKI &
 SCHEDULE YOUR CONSULTATION TO-
 DAY – WHO SHOULD DO MUA?
 ANYONE WHO RESPONDS WELL TO
 CHIROPRACTIC CARE OR PHYSICAL
 THERAPY, ACCUPUNTURE BUT NOT
 ENTIRELY BETTER...

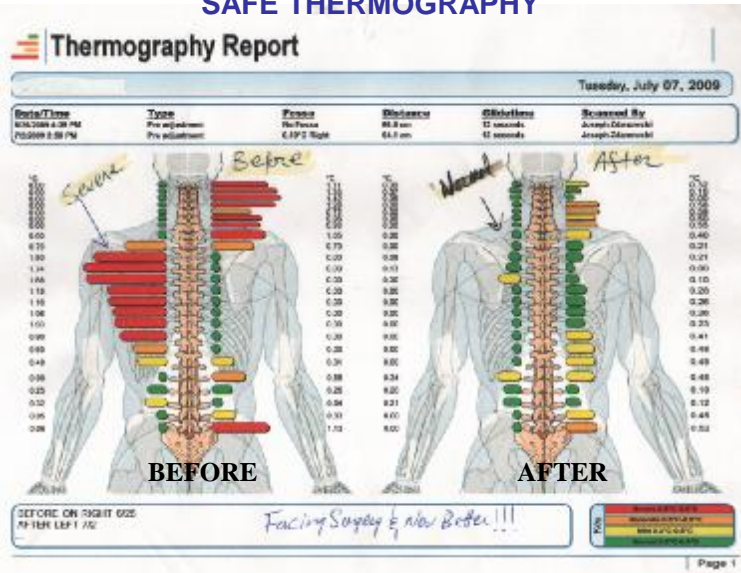
MUA IS PERFECT WHERE WE FEEL A
 LITTLE DEEPER HEALING IS NECES-
 SARY & THIS COULD BE ACHIEVED
 UNDER LIGHT SEDATION—RECOVERY
 IN 15 MINUTES!

WELL PROVEN TIME TESTED
 FACTS SINCE 1911...

GOALS WITH MUA:
BREAKS UP ADHESIONS
AND SCAR TISSUE SO
BODY CAN HEAL-
PAINLESSLY...

MUA PROCEDURE ARE PERFORMED AT
HACKENSACK SURGERY CENTER OR
JOURNAL SQUARE SURGICAL CENTER
JERSEY CITY

SAFE THERMOGRAPHY



Dr. Joseph Zdanowski
 NATURAL PRIMARY CARE PHYSICIAN
 CHIROPRACTIC SPECIALIST
 CERTIFIED IN MUA &
 NUTRITIONAL PROTCOLS
 FITNESS EXPERT

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 EVOLYOURSELF™