



Chadd M. Rolland, D.C.

Vitamin D Is Good For Your Spine!

A healthy spine is important for a lifetime of moving and feeling well. Exercise, adequate sleep, a balanced diet and Chiropractic adjustments all contribute to good spinal health. So does Vitamin D!

Vitamin D is a fat soluble hormone that helps develop strong bones and boosts the immune system. Lack of it can cause bone pain, osteoporosis and disc degeneration.

Recent clinical research by *Pain Treatment Topics* found that people with chronic musculoskeletal back pain *always* had insufficient Vitamin D levels.

Wondering If You Need More Vitamin D? We Can Help!

Call Us TODAY!

\$25 Health Restoration Consultation!

(Regular \$75)

Save Now!

30% OFF

Your Next Support Plan Vitamin Order!

Transferable. Please share with your family and friends. Offer expires 5/31/20.

Call 734-5000!

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Rolland Chiropractic, Inc.
201A Waterford Street
Edinboro, PA 16412

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Chadd M. Rolland, D.C.

Pain Relief to Wellness...

Effective, Affordable, Natural Care That Helps You Do More!

Dear Friend,

Toxins, Trauma And Hurtful Thoughts Cause Our Bodies To Get Sick And Out Of Balance!

Correcting imbalances and optimizing function helps restore **health** and **vitality**. Get a custom, lab test based, nutritional support protocol for these concerns:

- Diabetes, Weight Loss and Fatigue
- Acid Reflux, IBS, Colitis and Celiac
- Stress, Anxiety and Depression
- Liver and Gall Bladder Dysfunction
- Cancer and Weak Immune Function
- Brain Health, TBI and Dementia
- Chronic Musculoskeletal Issues
- Hormonal and Thyroid Problems
- Asthma, Allergies and Toxic Overload
- Degenerative Neuro-Immune Conditions

Whether a new symptom or chronic problem, we want you to **get better!** Get savings for yourself or a loved one with the coupon to the left. **Call To Start TODAY!**

Working to Restore Hurting People,

Dr. Chadd Rolland



We Accept:



Insurance Accepted • Affordable Cash Plans!

Hours: Monday - Thursday, 9am - 6pm

Pain Relief • Massage • Injury Rehab • Nutrition • X-ray

201A Waterford Street • Edinboro, PA 16412

Get More At: www.RollandHealth.com