



**ORTMAN**  
CHIROPRACTIC CLINIC

SPRING 2013  
NEWSLETTER

(605) 296-3431  
WWW.ORTMANCLINIC.COM



## CONGRATULATIONS, *Daryl and Michele!*

Daryl and I have been coming up to the Ortman Clinic together since 2003. On that very first visit, we had only been dating a short time and my intention was to be there for moral support. Long story short, after a 3 1/2 hour ride from Omaha in his pickup truck, I desperately needed a doctor to work on me, too.

Well, that cemented our relationship as well as our confidence in the Ortman Clinic. We have been coming up to Canistota every 6 months ever since. That being said, we decided just a short time ago to get married and we couldn't think of a more fitting place to do it than South Dakota. We take the week off for treatments and we always have a little time on our hands so this week (October 15, 2012) we went to the Minnehaha courthouse in Sioux Falls and said our "I do's." Our doctor was delighted. His whole staff has congratulated us and even gave us our first wedding gift, an official Ortman Clinic cooler bag and coffee mugs!

I don't think we could have found a better place to make our union official. Canistota, the Ortman Clinic and the staff will always have a special place in our hearts. Thank you all.

Sincerely,

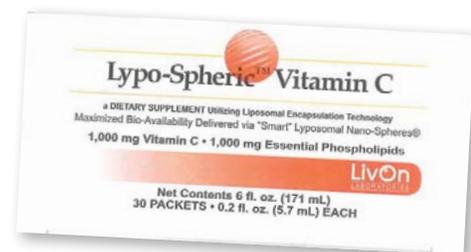
*Daryl & Michele Divoky*

## *Lypo-Spheric Vitamin C* **IS NOW AVAILABLE AT ORTMAN CLINIC**

A new form of Vitamin C that delivers 800% more of the vitamin into the bloodstream is now here at the Ortman Clinic. Vitamin C provides valuable antioxidant protection, supports the production of skin, muscle, tendons, ligaments, collagen and connective tissue, supports immune function, improves calcium absorption into teeth and bones, and neutralizes toxins and pathogens. The new Lypo-Spheric C comes in small gel packets providing 1000mg of C. Because this form of Vitamin C is transported into the bloodstream and our cells easier, the 1000mg is comparable to taking 8000mg of any regular Vitamin C.

For maintenance dosing of less than 1000mg our ultra-potent C is adequate and more economical. For higher dosing needs the Lypo-Spheric form is more economical.

Ask your doctor about the benefits of this exciting new form of Vitamin C!



## *Fun facts:* **HEADACHES**

- Caffeine is often prescribed to relieve headaches. It is used in multiple painkillers and has been shown to increase the effectiveness of aspirin by up to 40%. What you may not know is that the body builds immunity, causing caffeine to lose its effectiveness over time.
- Leading a healthy lifestyle can often make headaches few and far between. Simply getting regular sleep, maintaining a healthy diet, getting daily exercise, and not smoking or drinking excessively make headaches unlikely to occur, unless you have a medical condition.

# HEADACHES *and* HEALING

**H**ave you ever wondered what the most diagnosed condition in the United States is on any given day? It may come as a surprise to learn that headaches are the most commonly diagnosed discomfort in America. We've all experienced them, blaming everything from odd smells to loud noises. Often a quick fix is to grab the nearest over-the-counter medicine. This may work in the short term but what people don't know is that taking too many headache pills can actually cause what is referred to as a rebound headache. Headache pills can actually give you a headache! The only way to be rid of these rebound headaches is to cease taking the medication altogether. How then, can you cure a headache?

70% of the headache complaints are caused by muscle tension around the shoulder and neck area. The culprit can be virtually anything from sub-occipital muscle spasms from an injury (such as whiplash) to postural strain (which can be caused by something as simple as using a pillow that holds your head at the wrong angle). Usually, when you feel the onset of a headache, it's a gradual build rather than sharp, shooting pain and the effected area varies greatly.



## GREAT REFERRER *hall of fame*

**T**he Ortman Chiropractic Clinic Family grows when satisfied patients make recommendations to others in pain. We want to thank and salute these Great Referrers for helping others feel the relief with the Ortman Chiropractic Clinic.

**Joan Hoekstra, Sheldon, IA**  
**\$100 Ortman Clinic Bucks**

**Dan Gilliam, Bruceton, TN**  
**1 week lodging in Canistota**

**"70% of the headache complaints are caused by muscle tension"**

- During the Neolithic period, in the event of a headache a circular piece of the skull was removed in order to let evil spirits escape. Amazingly, extensive bone growth found around these holes on recovered skeletons indicates that people regularly survived these operations.

## CHECK OUT THIS EXCERPT FROM



"Pick up any tourism brochure on South Dakota and you'll sneak a peek at sites and events that are unique to South Dakota; the Corn Palace, the Sturgis Motorcycle Rally, Mt. Rushmore and the Crazy Horse Memorial are just a few of the renowned sites that draw millions of visitors each year.

Yet, one quaint town in South Dakota is known not for an event or monument; Canistota, SD, home of the Ortman Clinic, has graciously hosted over four million people seeking pain relief. Located just south of Interstate 90, approximately 30 miles from Sioux Falls and 40 miles from Mitchell, this small town is blessed by its partnership with the Clinic. Since 1915, patients have traveled across the continental United States, from Canada and abroad on their journey to the Ortman Clinic. If you have trouble walking, bending or sitting, no matter where you live, chances are someone has encouraged you to visit the Ortman Clinic.

Why does the Ortman Clinic come so highly recommended? What makes generations of people return? Just what makes the Ortman Clinic so unique? The answer is . . . their touch. The "Ortman Technique" uses a hands-on approach to stimulate the healing and relieving of pain.

See the full article on our website at:

[http://ortmanclinic.com/pdf/horizons\\_jan.pdf](http://ortmanclinic.com/pdf/horizons_jan.pdf)

## THEN *and* NOW

Ronna Poppen (Ringen) has been an Ortman patient for nearly a decade! Below is a testimonial written in 2004 and an update highlighting her health progress.

"After our daughter was diagnosed with Chronic Daily Headache at Mayo Clinic, we were told they couldn't help us and to seek out alternative medicine. She could also try more meds to see if we could find something that would at least make her comfortable. Out of desperation, I called Ortman Clinic. I was skeptical, as I wasn't a believer in chiropractic. The Doctor got on the phone to answer all my questions. He told me he would be able to tell if he could help her or not at our first appointment. I appreciated his honesty.

With time, the Clinic has helped give Ronna a much better quality of life, all without pills. She still gets headaches, but the frequency and intensity have greatly decreased. Words cannot express our gratitude - our prayers were answered! IT's great to have our 16-year-old daughter laugh and enjoy life and honestly be able to go up and down the stairs without having to hold her head!"

*- Tonya Ringen 2004*

"The Ortman Clinic has been a miracle for me! Towards the end of my eighth-grade year in 2002, I began to experience very severe headaches. Of course this was not normal for me, so I went to countless clinics getting tests run and many CAT scans done. Every doctor said the same thing, 'You'll just have to live with it!' That was something that I did not want to hear. They didn't have to grit their teeth to help ease the piercing pain, or feel sick to their stomach from how many dozens of different pain pills, or from the pain itself!

After spending a disappointing Christmas at the Mayo Clinic, my Mom called The Ortman Clinic as a last resort... It was such a great change to hear (a doctor) tell me that he'd work on me, instead of saying that 'you don't look like you're in pain.'

I started going twice a week and he worked on my back, neck and head. I'll never forget that feeling when I received my first hour of relief! It was so nice to actually feel a weight taken off me, even if it was only for an hour.

Now I only go once or twice a month and rarely get headaches, which is good for me, but kind of sad, because I always liked going. All the staff smiles and greets you, and it's just a nice atmosphere to be in!"

*- Ronna Poppen (Ringen) 2004*

"I am so thankful I found the Ortman Clinic! After my head injury, I had such severe pain that I honestly do not remember my freshman year of high school. Once I began receiving treatment at the Ortman Clinic, my quality of life skyrocketed. I was able to be involved in activities throughout the rest of high school and into college. Looking back, I am so appreciative I was treated there at a young age because each activity I was involved in has shaped me and led me to where I am in my adult life. Even though I am in sales and marketing at a catering company, there are days when my job can be physically taxing. It is reassuring to know that when I get pushed to my limit whether from physical activity or simply from stress, my doctor can treat me and I am back to myself within a couple days. For that, I will always be grateful for the Ortman Clinic."

*- Ronna Poppen (Ringen) 2013*



# Meet the doctors of THE ORTMAN CLINIC

PO BOX 157  
CANISTOTA, SD 57012



**PICTURED LEFT TO RIGHT**

**BACK ROW:** Dr. Derrick Ortman, Dr. Jay Ortman,  
Dr. Tom Ortman, Dr. Ivan Ortman, Dr. Charles Ortman

**FRONT ROW:** Dr. Lon Weiland, Dr. Ryan Ortman,  
Dr. Todd Weiland, Dr. Doug Ortman



## Meet

## LIZ HEINZMANN

Liz and her husband Drew, of 11 years, have 2 sons: Logan (9) and Miles (3). They live here in Canistota.

Liz started working at the Ortman Clinic in September 2009. You'll see her doing several different duties here at the clinic. Generally, she'll be helping patients with therapy, lab, x-ray and exams, but you may also see her when you check in or out. She enjoys helping the patients and likes the variety of work she gets to do here at the clinic.

When she isn't working she enjoys spending time with her family, camping, fishing, being outdoors and going to their son's sporting events.



**PICTURED LEFT TO RIGHT**

*Logan, Drew, Liz, & Miles Heinzmann*