



## GREAT REFERRER *hall of fame*

The 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.

<b>Aaron Beechy</b> Wautoma, WI \$100 Ortman Clinic Bucks	<b>Duane Schwartz</b> Etna Green, IN 1 week lodging in Canistota
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**ORTMAN**  
CHIROPRACTIC CLINIC  
PO BOX 157 CANISTOTA, SD 57012



**ORTMAN**  
CHIROPRACTIC CLINIC

SPRING 2014  
NEWSLETTER  
(605) 296-3431  
WWW.ORTMANCLINIC.COM

## *Spring is here* **AND SUMMER IS AROUND THE CORNER!**

Warm weather and blue skies spark anticipation for all the fun summer brings like gardening, fishing, picnics, and playing with the kids. Unfortunately, not everyone is able to meet the physical requirements summer activity demands. According to the Center for Disease Control (CDC), at least 52.5 million Americans suffer from some form of arthritis that causes pain, stiffness, and limited mobility.

Arthritis literally means “joint Inflammation” and is the leading cause of disability in the nation. Though there are over 100 different types of arthritis affecting people of all ages, two forms are most prevalent: rheumatoid arthritis and osteoarthritis.

Rheumatoid arthritis is an inflammatory autoimmune condition that typically affects the small joints of the hands and feet causing joint erosion and deformity. It is the result of the body attacking itself which means it can also affect internal organs. The cause of rheumatoid arthritis is unknown; it is most common in women, and usually begins after the age of 40. Other common rheumatic conditions include gout and fibromyalgia.

Osteoarthritis, the most common type of arthritis, can be the result of an injury, aging, or misuse, but is typically caused by the normal “wear and tear” of the cartilage that protects your bones at the joint. Without the protection of the cartilage, the bones begin to rub against each other causing pain, swelling, tenderness, stiffness, and joint restriction. Osteoarthritis typically affects your load bearing joints, the lower back, knees and hips, but can also affect the joints in your hands and neck. Left untreated, osteoarthritis can lead to Degenerative Disc Disease (DJD) within the spine.

Don't let arthritis pain be the reason you are not tending your garden or partaking in some energizing physical activity. Doctors at the Ortman Clinic have the skills, knowledge, and products to help you manage and find arthritis relief.

*More information on Arthritis Relief inside...*

## 2015 IS THE 100<sup>TH</sup> ANNIVERSARY OF THE ORTMAN CLINIC!

*More information about the centennial will be released later this fall.*

### *Upcoming Events*

- July 10-12** Canistota Annual Sports Day Celebration
- Aug ???** Humboldt Threshing Bee  
*(Call 605-363-3789 for dates)*
- Aug 11-14** Turner County Fair, Parker
- Aug 20-24** Corn Palace Festival, Mitchell
- Aug 29-31** LifeLight Festival, Worthing
- Oct 8** Canistota Zion Lutheran Church Annual Supper
- Oct 15** Canistota United Church Annual Turkey Supper
- Oct 18** SD Pheasant Season Begins



1930



1957

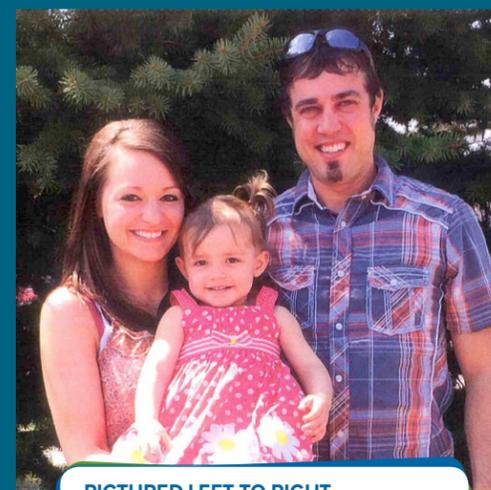


Today



*Amon  
Ortman*

 **ORTMAN**  
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PICTURED LEFT TO RIGHT  
*Kaci, Abbi, & Troy*

### *Meet* **KACI NORTHERN**

Kaci has been a part of the Ortman Clinic family since March 2010. As a Chiropractic Assistant (CA), her primary responsibilities include patient exams, x-ray, therapies, and lab work. Kaci also assists with vitamins, registration, and cashiering.

Meeting new people, keeping busy, and learning from the doctors are a few of Kaci's favorite reasons for working at the clinic.

Kaci lives in Canistota with her partner, Troy and daughter, Abbigail (Abbi).

# ARTHRITIS RELIEF *Through Chiropractic*

**B**y 2030, an estimated 67 million Americans 18 years or older are projected to have doctor-diagnosed arthritis. Arthritis isn't new to the doctors at the Ortman Clinic. We are trained to identify, diagnose, and treat arthritis in the spine and joints.

There are many factors that determine who is susceptible to arthritis such as: age, family history, gender, weight, and past injuries. Typical symptoms of arthritis include joint pain, swelling, inflammation, sharp pain, tenderness, and gradual stiffness in the joint. Routine visits to our office may help diagnose arthritis in its early stages.

To make a proper diagnosis, it is important to inform your doctor of all the symptoms you have been experiencing—do not leave anything out! What may seem insignificant or irrelevant to you may be the piece of information your doctor needs. For example, did you know mental stress is one of the main culprits to worsening the pain associated with rheumatoid arthritis? Providing relief to your nervous system through chiropractic treatment reduces stress and allows your body to relax and heal.

The Ortman Technique continues to be a safe and effective means to relieve and manage the effects of arthritis. In cases of osteoarthritis, proper spinal alignment is imperative. Our doctors use gentle, targeted adjustments to properly align your spine in order to minimize damage to the intervertebral discs (the cushion between your vertebrae). Without proper alignment, your body will replace the cushion with bone to stabilize the spine resulting in severe pain from bone-on-bone friction and pressure on the nerves.

Regular visits to the Ortman Clinic can ensure your spine is correctly aligned. The Ortman Technique treatment consists of providing pain relief, improving joint mobility and range of motion, and decreasing swelling. Your doctor may also suggest weight loss, natural supplements, heat and ice therapy, exercise, and other tips to maintain physical activity.

We continue to help hundreds of arthritic patients every week and thousands per year. Call (605) 296-3431 to make an appointment at the Ortman Clinic and get the relief you need.

## Snake oil charlatans!! A fool and his money are soon parted!!

These were the thoughts I had for nearly 20 years when my Amish neighbors would speak to me about going to Ortman Clinic. I fully admit when I finally decided to try the treatments at the clinic in July '13 I was going as a skeptic. My frail and elderly neighbors needed a ride to South Dakota from Wisconsin and I needed a vacation, so I agreed to go.

Fifteen years of living on pain pills due to a diagnosis of Psoriatic and Osteoarthritis, Fibromyalgia, Peripheral Neuropathy, Degenerative Disc Disease, Degenerative Joint Disease and Migraines had been my life. At the end of May '13 I had reinjured my spine, requiring me to be hospitalized for the better part of a week. I couldn't sit, stand, walk or lie down without being on intravenous morphine. I literally had gotten to the point of going to bed wishing I would die before waking, and cursing that I was still alive when I woke in the morning. My days were filled with pain, and often to make it through the day I was taking 3-4 Vicodin a day. (I was 52 at the time, and have worked as a nursing assistant, truck driver, cashier, cook, you name it. I've abused my body doing it.)

When my Ortman Clinic doctor told me that I would continue to improve for several weeks after the end of the week long treatment, again being the skeptic I thought "yeah, right." But...I did have to admit other than extreme fatigue the first two days I really did feel better. (Apparently, it takes a lot of energy for the body to heal from as many things I had wrong, thus the fatigue.)

After one course of treatments, I arrived home after an 8 hour drive home and the first words from my husband were "Where the heck is my wife? What have you done to her??" This was his response in seeing me for the first time on over 20 years literally BOUNCE out of the car, grab my suitcase and walk up the stairs without grimacing in pain. I didn't have to take the stairs one at a time, hanging onto the railing for dear life. I didn't grunt and groan. I merely walked, left foot right foot!!

Even now in November of 2013, I continue to notice little things improving, things that I would never have guessed. My varicose veins are no longer bulging as they once did nor are they painful. Just this morning I noticed the 'fungal infection' of my toenails I have had for 15+ years are now grown out about 1/3 of their length, smooth and nice!!

This week, I am here for my 2nd course of treatments. I brought friends again, some of whom it is their first visit. Again, I have seen the skepticism leave their face after the first couple of days. I am often asked, "Why would you drive 850 miles round trip, and stay a week at a hotel when you could just go to one of the many chiropractors at home?" My answer is, "Because after all these years I have found a place that actually treats my entire body and I have actually gotten entire body relief!" The total cost of my 'spa weekend vacation' is comparable to what the chiropractors at home charge for three appointments a week for several weeks which is what I would have to do to get just a fraction of the relief I get here at the Ortman Clinic. That includes gas, motel, and treatments!!

PREVENTION is the key to avoiding the years of pain that may be waiting for you. My only regret is wishing I had listened 20 years ago. If you are in your young adult years, take care of your spine. Every movement you do is based from your spine. Keep it healthy, keep it supple. Don't wait until you are 52 and living on a disability payment each month to finally make the decision to try the Ortman Clinic.

- Anne Gawe  
Wautoma, WI 2013

## ORTMAN CLINIC *Mail Bag*

# FROM THE *Therapy Counter*

## SUPER 1 DAILY MULTI-VITAMIN IS BACK!

We are proud to once again offer Carlson's **Super 1 Daily** and **Super 2 Daily** multi-vitamins. Now that we are able to get the Super 1's again, we will stop the Ortman Multi.

The Super 1 Daily is a 100% vegetarian multi-vitamin that contains lutein and iron. Lutein is a powerful anti-oxidant found in spinach and kale. It promotes macular health and quenches free radicals that damage your cells.

If you prefer an iron-free multi-vitamin, but want the benefits of lutein and fish oil, then the Super 2 may be for you. Please be advised that you should not take fish oil supplements if you are on blood thinners.

One of the best things you can do for your health is taking a multi-vitamin for less than \$10/month. If you are unsure which vitamin is right for you, please contact us at (605) 296-3431.



## NEW SUPPLEMENT 10X STRONGER THAN KAPREX

An estimated fifty million adults in the United States report sore joints, arthritis or restricted range of motion. Many sufferers turn to Tylenol or NSAIDs (i.e. aspirin, ibuprofen, naproxen and prescription anti-inflammatories) to relieve their pain; however potential side-effects may outweigh the benefits.

OsteoVantiv is a new dietary supplement from Metagenics and new to the Ortman Clinic. Like Kaprex, OsteoVantiv is used to relieve painful joints and inflammation; however, OsteoVantiv is 10 times more effective and comes in tablet form to eliminate the possibility of an upset stomach. OsteoVantiv's potency comes from a type of collagen that is twice as effective than glucosamine and chondroitin. Users of OsteoVantiv have not reported any significant side effects.

If you would like to switch from Kaprex and are unsure if OsteoVantiv is right for you, please call us at (605) 296-3431.



## IMPROVED FORMULA, NEW NAME

Nature is man's medicine cabinet. Every day, scientists study the natural world to understand the effects natural elements have on the human body, leading to new and improved natural supplements. Recently reformulated and renamed supplements at the Ortman Clinic include:

**MEMORIES SEANOL** (formerly Memories) is recommended for memory support, learning, and mental quickness. It also has anti-aging potential, elevates your mood, and alleviates depression.

**CERIVA** (formerly Cognisure) is used by adults to support healthy brain aging, cognition, and memory.

**SEROSYN** (formerly Lumina) supports a calm, positive mood through modulation of serotonin, your brain's 'feel-good' transmitter.

Doctors at the Ortman Clinic believe the best approach to treat minor ailments are through natural supplements. Please contact the Ortman Clinic at (605) 296-3431 if you have any questions.

## NEW CERVICAL HOME TRACTION UNIT

For those days your favorite doctor is booked and you are experiencing pain in your neck, the **ChiroTrac Cervical Home Traction Unit** may be just what you need. The ChiroTrac is a safe and suitable alternative to over-the-door traction units.

Providing a gentle, adjustable traction for neck pain, the ChiroTrac is easy to use: place the ChiroTrac around your neck, adjust the velcro tabs to a comfortable fit, and slowly inflate to the desired traction. Still have questions? We would be happy to give you a demonstration next time you visit!

