



## Events *Calender*

**MAR. 20-28** Schmeckfest in Freeman, SD

**APR. 15** Ortman Clinic 100 Years Open House

**4:00 PM-6:30 PM** — Help us kick-off our centennial in our newly remodeled lobby and nutrition center! Activities include a ribbon cutting by the Sioux Falls Chamber of Commerce at 4:30, demonstrations, free samples, and door prizes.

**MAY 10** Historic Prairie Village Opens

**Madison, SD** — Ride one of the world's last remaining steam-powered carousels featuring German-carved horses. Agricultural displays and historic buildings cover 120 acres. Open Monday through Saturday 10:00 AM to 5:00 PM and 11:00 AM to 5:00 PM on Sundays. More info at [www.prairievillage.org](http://www.prairievillage.org)

**MAY 15-17** SD Free Fishing Weekend

Free entrance into all SD state parks and recreation areas; fishing licenses not required; camping fees still apply. Call (605) 773-3391 for more info!

**JULY 9** Ortman Clinic Centennial Celebration

**5:30 PM** — Join us for our centennial celebration at the opening of Canistota Sports Days! We have a small program planned with music by Jill Miller.

**JULY 9-11** Canistota Sports Days

An annual celebration since 1909, Canistota Sports Days is sure to entertain! There will be a parade, food, live entertainment, games, mud drags, golf tourney, and a carnival.

**JULY 10-26** Laura Ingalls Wilder Pageant

**Desmet, SD** — Gates open at 6:00 PM. Performance of *By the Shores of Silver Lake* begins at 8:00 PM.

**AUG. 17-20** Turner County Fair in Parker, SD

**AUG. 21-23** Riverboat Days & Summer Arts Festival in Yankton, SD

**AUG. 26-30** Corn Palace Festival in Mitchell, SD



The Ortman Clinic on Dr. Amon's farm in 1927.

# 100 YEARS, *One Incredible Story*

It sounds like fiction: a young, Midwestern farmer provides pain relief to thousands without a formal chiropractic education, but it's true. Through touch, Amon Ortman was able to identify and correct areas of dysfunctional soft tissue while his patient was in the sitting position. This firm, yet, gentle method of manipulation became known as the *Ortman Technique*.

Our ten doctors are the only chiropractors in the world trained to administer the Ortman Technique. Whether the pain is in the neck, back, shoulders, knees, or other joints, the Ortman Technique continues to provide relief and typically achieves effective, lasting results.

Throughout the years, we have periodically added additional clinic services to complement our treatments and increase our patient's overall well-being. Clinic services currently include an on-site lab, digital x-ray, therapeutic physiotherapies, and a nutrition center.

Thank you for your trust and referrals throughout the years. We look forward to providing the same compassionate care for you and your future generations.



# ORTMAN NUTRITION CENTER

*natural supplements for the whole family*

We believe good nutrition plays a crucial role for fulfilling a lifetime of health and wellness. We have reviewed thousands of products available on the market, choosing only natural, safe, and high quality products. With our extensive selection of nutritional supplements and targeted nutrition programs, we have everything you need to help you and your family maintain a healthy lifestyle.

## METAGENICS MEDICAL FOODS

Metagenics medical foods provide specific nutrients not available through diet or supplements. The therapeutic level of nutrients within these medical foods may assist with the nutritional management of a specific disease or condition.

*"I've had rheumatoid arthritis for over 30 years and it is mainly in my hands and feet. About five years ago, I started taking UltraInflamX 360 and found that the swelling in my hands goes down. I'm very sensitive to taking drugs, but I haven't had any side effects when taking the UltraInflamX 360. I highly recommend anybody with an auto-immune disease to try it! My wife and I go twice per year to the Ortman Clinic. We find it's a way of slowing life down and we leave feeling a lot better."*

~ Gene of Manitoba, Canada

UltraMeal® is one of the original and most popular medical foods at the clinic. This medical food helps to manage weight loss, insulin resistance or metabolic syndrome, high cholesterol or triglycerides, and hypertension.

Patients on the UltraMeal® program drink an UltraMeal® shake, eat a modified Mediterranean diet, engage in moderate exercise, and practice stress management. UltraMeal® is dairy-free and has 15 grams of soy protein per serving.

Other medical foods available include: UltraMeal® Plus 360 is a variation of the original UltraMeal®; UltraClear® products for detoxification and gastrointestinal support; UltraGlycemix® for strong nutritional support for patients with Type 2 diabetes and UltraInflamx® for anti-inflammatory support (not recommended for pregnant or nursing women). Metagenics Medical Foods should only be used under the direct supervision of a physician or licensed health care provider.

*Bring this coupon to the clinic for some centennial savings!*



Ortman Nutrition Center Coupon

Expires 12/31/15



## SAVE \$19.15

on a one-time purchase of \$100 or more in vitamins\*

**\*Restrictions Apply:**

Only 1 coupon per person 18 and older  
This offer must be redeemed in person  
Coupon cannot be applied to orders over the phone or through email  
This offer cannot be combined with any other offers or discounts  
Coupon only valid for vitamins and nutritional supplements  
Cannot be redeemed for cash, services, or applied to previous balances  
All sales are final. No exchanges, returns, or refunds allowed

## Thank You!

To all who shared their story for our centennial scrapbook! Be sure to pick up a free copy in the clinic lobby during your next visit!



## Reminders ✓

### PLEASE BRING YOUR MEDICATION LIST TO APPOINTMENTS

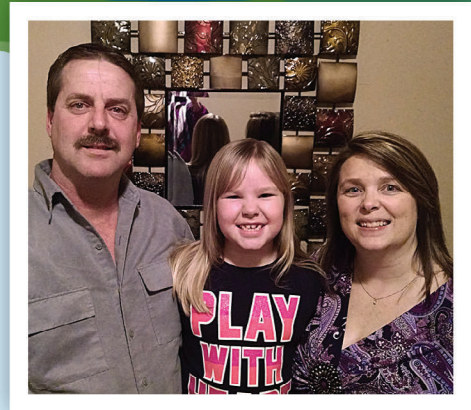
Our doctors have reviewed thousands of supplements choosing only the safest and highest quality available. However, some medications and/or medical conditions may interact with our supplements. To prevent any negative interactions, please bring a comprehensive list of your current medications with you to your appointment.

### INSURANCE

- ✓ Please bring all new insurance or Medicare cards to appointments!
- ✓ Patients with accident or workman's comp claims need to: bring the name and address of the insurance company handling the claim, the claim number, and speak to our insurance rep, on their first visit.
- ✓ Please let us know if your appointment will be submitted to accident or workman's comp when scheduling your appointment. Required paperwork at [www.ortmanclinic.com](http://www.ortmanclinic.com).

## Meet SHERRI BUNGER

Sherri Bunger has been a Chiropractic Assistant at the Ortman Clinic family since January 2011. As one of the first people to greet patients, her primary responsibility is patient services. Always professional and courteous, Sherri assists patients with registration, scheduling, and payments.



Pictured Left to Right: Russell, Taya and Sherri

Sherri enjoys greeting patients and learning how far they traveled to receive a treatment at the clinic.

Sherri's husband, Russell, owns and operates Larry's Service, a full service garage located across the street from the bank. They live in Canistota and have three children: Taya, Desiree, and Cody.



## Thank You

### ORTMAN CLINIC STAFF

It takes the efforts of many to operate a successful chiropractic clinic. We appreciate your smiling positive attitudes that warm our office and hearts every day. Thank you for your hard work and dedications!

Congratulations to those celebrating a milestone this year. *Thank you for your years of loyalty and service.*

- ★ Julie Baxa-Otto — 20 Years
- ★ Randy Koehn — 15 Years
- ★ Lanette Koehn — 15 Years
- ★ Kaci Northern — 5 Years



## NEW CANISTOTA AREA BUS

In cooperation with the Canistota Development Association and Total Stop Food Store, the Ortman Clinic is pleased to announce Canistota's new transit, the Canistota Area Bus (CAB). The CAB will be available for day trips to surrounding areas, private events, and possibly Omaha, NE. The bus comfortably seats 12 and is handicap accessible. For more information and availability, please call (605) 421-1042.



**ORTMAN**  
 CHIROPRACTIC CLINIC  
 PO BOX 157 CANISTOTA, SD 57012



## Great Referrer *Hall of Fame*

Remember how you felt when you walked through our door? Maybe you were at your wits end, tired of seeking answers to a health problem that wouldn't go away. Maybe you believed you would never feel good again.

Using the Ortman Technique, our doctors help return proper nervous system function to promote natural healing. We have received countless testimonials from patients throughout the last 100 years who returned to their desired health.

Our doctors have successfully treated a wide variety of conditions originating in the spine, joints, and surrounding muscles and nerves. Conditions we have treated include back and neck pain, migraines, sciatica, pinched nerves, and fibromyalgia — to name a few. Patients usually report relief from pain within a few days of their treatment. Specific conditions may require physiotherapies, supportive services, or co-management with your medical doctor.

Do you have friends or family who might benefit from our treatments? The greatest gift you can give to them — and us — is the gift of referral. Tell them about your experience and ask them to give us a call. They will receive the same quality and focused care you have experienced.

*We want to thank and salute the Great Referrers for helping others feel the relief with the Ortman Technique:*



**Abe Miller**  
 Home, PA

1 Week Lodging in Canistota

**Gordon Phillips**  
 Havana, ND

\$100 Clinic Bucks



**ORTMAN**  
 CHIROPRACTIC CLINIC

(605) 296-3431 or (605) 296-3432

[www.ortmanclinic.com](http://www.ortmanclinic.com)

### BUSINESS HOURS:

Monday ..... 8:00 AM - 4:00 PM  
 Tuesday ..... 8:00 AM - 4:00 PM  
 Wednesday ..... 8:00 AM - 4:00 PM  
 Thursday ..... 8:00 AM - 4:00 PM  
 Friday ..... 8:00 AM - 3:00 PM  
 Saturday ..... Closed  
 Sunday ..... Closed

### LATE NIGHT HOURS:

Open until 6:30 PM every first, third, and fifth Thursday of the month.

### HOLIDAY HOURS:

Open until 10:00 AM every weekday holiday; closed on Christmas.



Find us on  
**facebook.**