



ORTMAN[®]
CHIROPRACTIC CLINIC

FALL 2018
NEWSLETTER

(605) 296-3431
WWW.ORTMANCLINIC.COM

Fun Fact:

Canistota, South Dakota is the only place in the WORLD you can receive the Ortman Technique[®]!



Ortman Clinic Bus Update

Thank you for all of your feedback for this first go around with the bus. This is a huge learning experience about what our patients from all over the United States want and how to best utilize the information to fit everyone's needs. This year was definitely a year of trial and error for the bus. Please continue to call and talk to Emily (Clinic Manager) for options that would benefit you and your family.

The 2019 bus schedule will differ from the 2018 schedule with more exciting details to come! We will mail out information for 2019 once the schedule is finalized. Thank you for all your patience and support for the bus!



The Ortman Technique[®]

The Whole Body Treatment

The Ortman method of manipulation involves the entire spine. Known as The Ortman Technique[®], it has given relief to tens of thousands of people from all over the country. The Ortman Clinic doctors are trained to detect abnormal pressure in the muscles, tendons and joints of the body. Once an abnormal pressure point or an area of abnormality is found, it is treated and relieved by the use of deep thumb pressure to the specific area or areas. This "adjustment" takes pressure off the nerves. When the pressure is gone, the pain or discomfort is greatly relieved, or in many cases, it is gone completely.

Here at the Ortman Clinic, we work to restore the integrity of your body's muscular, skeletal and nervous systems. We use our own technique to relieve muscles spasms and allow the bones to re-align so there isn't any snapping or cracking of joints. We treat while you are sitting on a stool so we can tell which erector muscles of the back are tight as you are sitting, standing and walking in everyday life. This means you will not have to lie on a table unless we are testing a muscle or using therapy. We also treat you through your light layers of clothing, so you don't need to change into a gown.

Our technique has proved to be very effective in relieving symptoms as well as in achieving a comfortable feeling of "well-being" for the vast majority of our patients.



Check out our new website: www.ortmanclinic.com

October 19-20

Come visit us at the "Etc. Expo for Her" at the Sioux Falls Convention Center! Our doctors will be there to answer any questions you may have and talk about how the Ortman Technique® will help you.

Turner County Fair 2018

The Ortman Clinic decided to have a booth at the Turner County Fair this summer. WHAT AN EXPERIENCE! We met so many great people! The best part is our doctors were able to teach and explain how their technique helps so many people. If you have pain or want improved mobility you need to call us!



Happy 1 Year Anniversary!
Suzie B's Restaurant

Now offering buffets Tues.-Thurs. from 4:30-7:30pm!

Calendar Of Events

August 30-September 3
SD State Fair in Huron, SD

September 3
Labor Day, Closing at 10:00am

October 19-20
Etc. Expo for Her in Sioux Falls, SD

November 9-10
Sioux Empire Arts & Craft Show in Sioux Falls, SD

November 22
Thanksgiving, Closing at 10:00am

November 23
Parade of Lights in Sioux Falls, SD

December 24
Christmas Eve, Closing at 10:00am

December 25
Christmas Day, Closed

January 1
New Years Day, Closing at 11:30am

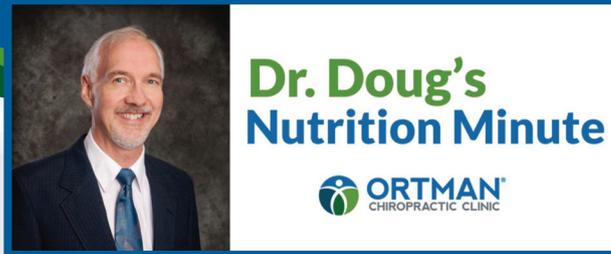
October is



NATIONAL
CHIROPRACTIC
HEALTH MONTH

Visit our facebook page and website for more details

Introducing two new products supplying Magnesium in unique formulas



Mag Calm Pro includes a highly bioavailable citrate salt form of magnesium. For individuals who don't consume sufficient amounts of magnesium through diet, there is an increased risk of constipation, muscle cramps, dehydration and feelings of weakness, anxiety or sleeplessness. Magnesium supplementation can help restore adequate magnesium levels to alleviate symptoms caused by low magnesium. L-theanine is included in Mag Calm Pro as research shows it to be effective for stress support and promotion of cognitive function. L-theanine is readily taken up into the brain upon oral ingestion promoting a calming feeling. Finally, the vitamin C in Mag Calm Pro can help support immune function and reduce oxidative stress, both of which are imperative for overall health.

Magtein (magnesium L-threonate) is a unique, patented form of magnesium resulting from 10 years of research at MIT. It is the form of magnesium shown to cross the blood-brain barrier, effectively increasing magnesium concentration in the brain.

Magtein supports:

- Healthy nerve synaptic function
- Healthy stress response and a healthy mood
- Healthy cognition, (brain function) focus and attention.

Unlike other brain boosting supplements, which often overstimulate the brain, Magtein works by nourishing the synapses magnesium, which helps keep them healthy without overstimulation. The nourishing effects of Magtein can help your brain stay clear and maintain resiliency.

Ortman Hotel New Ownership: *Free Shuttles & Room Updates!*

Many know him from the Town N' Country Motel; others may know him as the recent manager of the Ortman Hotel. Jamie Feterl, also owner of Town N' Country Motel in Canistota, transitioned from manager of the Ortman Hotel to owner on June 1st.

Not only is the hotel under new ownership, but all 29 rooms have a recliner, fridge and microwave effective September 1st. Staff will be on-site from 8:00am to 8:00pm Monday-Friday, and 4:30pm to 8:00pm on weekends starting in August.

In addition to the above changes effective September 1st, guests staying at least four nights receive FREE shuttles to and from Tomah, WI, and Omaha, NE; as well as free day trips Monday, Tuesday, Wednesday and Thursday to local attractions near Canistota; plus free pickup at Sioux Falls bus station or airport.

The shuttle capacities are 8, 12 and now, 15 passengers; and are also available to most major Amish settlements in Minnesota, Iowa and other areas in Wisconsin for a small fee.

Please call 605-296-3131 to make your reservations.





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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 these Great Referrers for helping others feel the relief with the Ortman Technique:



Andy Swartzentruber
Lamoni, IA

Fred Waldner
Montrose, SD



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
SundayClosed

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.

