

Winter 2022
NEWSLETTER

Ortman Chiropractic Clinic



4 Generations and 107 Years Later Still Leading the Way

The Ortman Clinic is 107 years strong with the six physicians pictured above leading the way. The Ortman Technique, perfected by their parents, grandparents, and great-grandparents, continues to be used today by this amazing group of doctors. They have huge shoes to fill, but they learned from the best. They have been preparing for this for years and are excited to keep the legacy of helping and healing alive and well. Ortman Clinic will never lose sight of their roots and what made this all possible. They are focusing on future possibilities to ensure the Ortman Clinic will continue to provide the best service to its wonderful patients. That goal is and always will be to help as many people stay healthy. As always, we will continue to be natural, trustworthy and effective in our treatment plans. We are proud to continue to serve you in the present and future.



Mark your calendars! We now have our 2022 dates for our Ohio/Indiana bus!

Dates:

March 14-18
May 2-6
July 18-22
September 19-23
December 5-9



The bus will be stopping in Mount Eaton, OH; Apple Creek, OH; Wooster, OH; Mansfield, OH; Upper Sandusky, OH; Fort Wayne, IN; Topeka, IN; and Nappanee, IN.

To book your ticket with Pioneer Trails call (800) 458-2554. To schedule your week treatment appointments, call the clinic at (605) 296-3431.



PIONEER
TRAILS



Congratulations Emily!

Celebrating 5 years at
Ortman Clinic



Calendar of Events 2022

Mar 18-19 & 25-26, 2022 Schmeckfest, Freeman, SD
April 15, 2022 Ortman Clinic Closes at 10am
(Good Friday)
April 27-30, 2022 Kingswood Rummages,
Sioux Falls, SD
May 1, 2022 Historic Prairie Village Opens,
Madison, SD
May 20-22, 2022 SD Free Fishing Weekend
June 16-18 Czech Days, Tabor, SD
July 4, 2022 Ortman Clinic Closes at 10am
July 8-24 Laura Ingalls Wilder Pageant, DeSmet, SD
July 14-16, 2022 Canistota Sport Days, Canistota, SD
July 30, 2022 SD Chislic Festival, Freeman, SD

Are you trying to get a
load put together
to come out and see us?

Don't forget about our
Canistota Travel Line to help
get your trip lined up!
Number: (605) 296-3242
Password: 0000.

Nutritional Support Considerations for Viral Infections

Preventative Approach

*Immune Support:
2-6 tablets daily in divided doses

*UltraBiotic Defense:
1 capsule daily

*D3 5000 with K2:
1-2 softgels daily

*Melatonin 20:
1 capsule daily

*Appropriate Everyday Essentials:
1 packet daily with food

Therapeutic Approach

*Immune Resilience:
3 capsules twice daily

*Zinc Pro:
1 capsule once or twice daily

*Melatonin 20:
1 capsule twice daily

*Nerve Eze:
1-2 capsules twice daily

*Vit C 1000 Complex:
4 tablets 2-3 times daily

*NAC-600:
2-6 capsules daily **OR**
Liposomal Glutathione:
5 pumps 2-4 times daily

*D3 5000 with K2:
1-2 softgels daily with food

Call us today at (605) 296-3431 and we can ship out your vitamins to you!

Happy Retirement Dr. Ivan!



"A Time to Retire"

By Dr. Ivan Ortman

In the book of Ecclesiastes in the Bible, Solomon talks about a time for everything. My time to retire is January 28 2022. Some of you have asked, "What will you do?". My plan is to shift gears from facilitating physical health care to spiritual health care. I don't know yet what that will look like, but my prayer is to ask God to direct me in faith-based healing by using the Bible as the big instruction manual.

Solomon does not mention fishing, but I plan to do some fishing. He also says, "There is a time to search," i.e.; travel. Solomon also says to enjoy the fruits of our labor, "For these are gifts from God."

Thank you to my wife and best friend, Katie, for putting up with me for forty-seven years and for assisting me in the clinic for the last ten years!

I will miss you, but you are not forgotten. Remember that Jesus loves you. Each and every one of you have touched my heart!

MEET JESSICA!

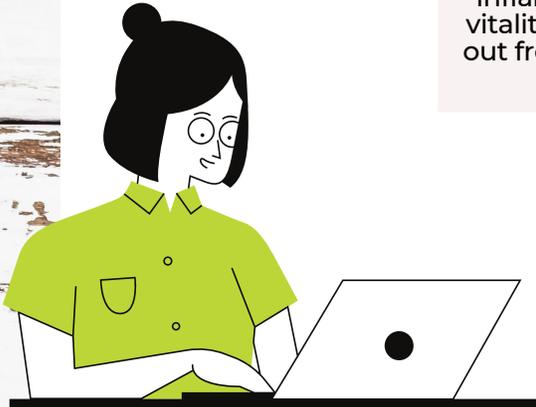


“ I currently live in Marion, SD. My boyfriend Jordan and I just bought a house there in July and we live with our 2 dogs (Hank and Harley) and cat (Tubbyton). I am originally from Platte and enjoyed only being about 15 minutes from the river to go fishing, hanging out on the beach and boating. We still love to go back there in the summers to go camping and fishing and Jordan loves to go down there to hunt deer during the fall and winter. We also love to go back and spend time with family. In my free time I love spending time with Jordan and our pets and doing projects around the new house, and there are certainly plenty of those! I started working at the Ortman Clinic in August and am very happy and proud to be a part of the team there and really love my job and what I do. I enjoy meeting new patients and getting familiar with the regulars. I look forward to my future at the clinic and being in this area!
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DO YOU REALLY KNOW WHAT ARE IN YOUR SUPPLEMENTS?

NutriDyn Inflamm-Eze Plus is an herbal supplement that reduces inflammation so you can experience less pain, less stress, and more vitality and movement. With its new and improved formula, it stands out from competitors such as Medfree Living Factor 5 Advanced Pain Support.



INGREDIENTS

INFLAM-EZE PLUS

FACTOR 5 ADV. PAIN

Ginger Root: <small>Soothes stiffness and stress associated with joint pain</small>	800 mg ↑	0 mg
Curcumin Extract: <small>Active ingredient in Turmeric</small>	250 mg	20 mg <small>(Turmeric)</small>
Boswellia Serrata: <small>Reduce joint pain from osteoarthritis and cuts down on inflammation</small>	250 mg	0 mg
White Willow Extract: <small>Acts like Aspirin and reduces discomfort in muscles and joints</small>	250 mg	0 mg
Hops Extract:	150 mg	0 mg
Devil's Claw Extract:	60 mg	0 mg
Proprietary Herbal Blend: <small>Horsetail, Stinging Nettle, Garlic and Celery</small>	0 mg	400 mg <small>(in total)</small>
Black Pepper Extract:	5.3 mg	0 mg

Having trouble calling the clinic?



In addition to our main number (605)296-3431, we now offer a secondary number you can call. This number is **(605) 215-5249**.

WELCOME JAKE AND KAITLYN KILLORAN NEW OWNERS OF THE CAMERON INN



Jake and Kaitlyn Killoran were married in August of 2012 and settled in Canistota in the summer of 2018. They have 3 children: Emery, age 6; Declan, age 4; and Jerome, age 2. Canistota is their chosen place to raise their family because of the safety, opportunity and goodness that make up this community. Jake has a full time career with the South Dakota National Guard and has served our country for almost 15 years. Kaitlyn spends her days with the kids, running the Cameron Inn and the Clover Cottage. Jake and Kaitlyn have enjoyed serving the Ortman Clinic patients tremendously and strive to make sure everyone has a relaxing, clean and comfortable place to stay while receiving treatments. God has blessed Canistota with the Ortman Clinic and they hope to only enhance that legacy by working hard to make sure everyone enjoys their time here.

Lodging

- Ortman Hotel.....(800) 801-3132**
- Cameron Inn.....(605) 254-6001**
- Canistota Depot Inn.....(605) 296-3447**
- U-Bar Motel.....(605) 296-3466**
- Stensaas Motel.....(605) 296-3207**
- Dutch Inn.....(605) 321-7854**
- Clover Cottage.....(507) 227-5593**
- Triple Play Campground.....(605) 351-4468**
- Alex Smart(Local Driver).....(605) 240-0013**

ATTENTION: Medicare patients and ALL patients

Since 1972, Medicare has accepted chiropractic services, but spinal manipulation only. Other services such as exams, X-rays and therapies are not covered. There has been very little, if even any change since. Thankfully there has been a bill introduced to the House of Representatives, H.R. 2654, to make changes and improvements for better coverage for Medicare patients. The goal is to get full coverage for treatments, exams, therapies, X-rays and other uncovered services.

Help us to get this bill passed!
Go to www.acatoday.org/TakeAction
Click on "The Time is NOW - Ask Congress to support HR2654"
Fill out the form and scroll to the bottom and click "send message"
If you do not have email, call (202) 224-3121 and tell them to "Co-sponsor HR2654"



ORTMAN[®]
CHIROPRACTIC CLINIC

PO Box 157, Canistota, SD 57012

PRSRT STD
U.S. Postage
PAID
Canistota, SD
Permit No. 1

Share Your Story

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.

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.

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 100 years who returned to their desired health. Do you have a success story with us? If you would like to share your story, speak with a staff member at your next appointment to find out how!



(605) 296-3431 or (605) 215-5249
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 - 6:30 PM
Friday..... 8:00 AM - 3:00 PM
Saturday..... CLOSED
Sunday..... CLOSED

Holiday Hours:

We are open every weekday holiday until 10:00 AM; closed on Christmas Day.

