



WELCOME TO

The Wellness Weekly

we're so glad you're here!

INTRODUCTION

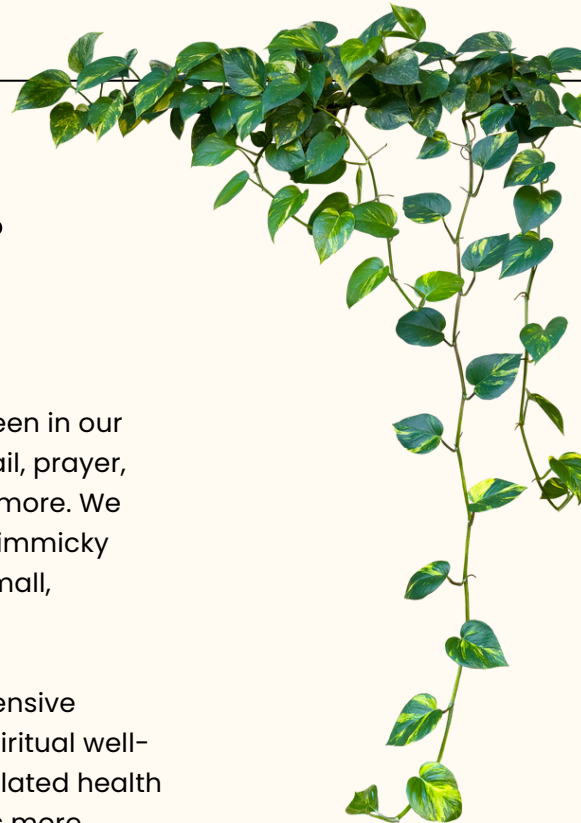
Why "Wellness Weekly?"

Why does a chiropractor's office have a newsletter?

First, we strive to always go above and beyond here. If you've been in our office, you know that we do that through every adjustment, email, prayer, and smile. Second, we are Chiropractic *Wellness* Center of Baltimore. We want that reflected in how we do things. Wellness is not some gimmicky word to slap on for marketing purposes. Wellness is a choice; small, everyday choices that add up to optimal health.

The Wellness Weekly will reflect our commitment to a comprehensive approach to health that encompasses physical, mental, and spiritual well-being. In today's fast-paced world, where stress and lifestyle-related health issues are prevalent, addressing wellness in a holistic manner is more crucial than ever. Whether it's through chiropractic tidbits, nutritional advice, a short reflection on Scripture, or an encouraging word from a practice member, we hope to bless your inbox every week.

~ Dr. Roeder & the CWCB Team ♡



Jeremiah 17:14

"HEAL ME, O LORD, AND I SHALL BE HEALED;
SAVE ME, AND I SHALL BE SAVED, FOR YOU
ARE MY PRAISE."

Jeremiah was called by God to denounce Israel's hypocritical sin. His heart and body ached. He cried out to the Lord in prayer. Let this encourage you today; bring your requests to the Lord. He hears our prayers!

Reclaiming Vitality

A SMART GUIDE TO
COVID VACCINE DETOX



Detox from the COVID Vax

START YOUR HEALING JOURNEY

The COVID "pandemic" is over, yet the physical, emotional, and spiritual wreckage remains. If you find yourself experiencing lingering symptoms that affect your daily life, this resource is for you. We've uncovered some eye-opening history, stats, symptoms, AND solutions. Read the doable and affordable steps you can take to attempt to reverse toxicity damage and start the road to healing.

INSTANT DOWNLOAD



Coming Up

FUEL FOR FRIDAY

Activated charcoal is an incredible purifier and binder that can be taken orally in pill form. Stay tuned to learn more about the three ways this powerful detox supplement can increase your health!

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Stretch Your Spine

ENHANCE YOUR ADJUSTMENTS

The chiropractic adjustment will orchestrate healing in your body, but now it's time to stretch after that adjustment! This will help strengthen the muscles around the spine (and resting is always crucial for healing, too!).

[LEARN MORE](#)

Vertebrae of the Week

C1: THE ATLAS

Located in the cranial level of the spine, the C1 supports your skull and allows you to move and turn your head. Called the atlas, after the Atlas in Greek mythology who held the world on his shoulders, the C1 has the HUGE responsibility of supporting your brain. If misaligned, subluxation effects can be headaches and migraines, nervousness, insomnia, head colds, anxiety and depression, hormonal problems, brain fog, and digestive disorders. If you experience these symptoms, Doc would assess your X-rays, thermographic imaging scan, and either manually adjust or percuss the bone back to its normal position.



**"I can raise both of my hands above my head,
which was nearly impossible two weeks ago.
So that's definitely a win!"**

~ Marin G.

Prayer Requests



"DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD."

- PHILIPPIANS 4:6

Every Wednesday morning, we have a team meeting and conclude that meeting with prayer before we start the day. We would love to pray for you during this time! If interested, you can submit an anonymous prayer request here: