



February Newsletter 2018

New things to come!

We have updated hours!

Monday: 10:00 AM – 6:00 PM
Tuesday: 2:00 PM – 6:00 PM
Wednesday: 10:00 AM – 6:00 PM
Thursday: 10:00 AM – 2:00 PM

Dr. Ward will only be in the office Monday & Wednesday, however Hayley will be in the office Tuesday & Thursday for equipment use and additional store hours starting the **week of February 5th**.

Meet Hayley!



Hayley Makohon, our receptionist, has recently returned from YWAM Toowoomba in Australia where she studied music, worship and prayer, and also spent time in Thailand ministering in the red-light district and to Pakistani refugees. In 2016, Hayley was miraculously healed by God from a long-standing illness. She became a client of Dr. Ward to help regain what her illness stole. Her health has turned around so completely that she sought to become

further involved in Foundations for Health and will soon begin studying to become a Certified Holistic Health Practitioner. Before coming to Foundations for Health, Hayley worked as a chiropractic assistant and x-ray technician for two different chiropractic offices in the Lake Norman area.

Hayley has played bass on her church's worship team for 10 years and is an intern at NewSong Church Lake Norman. For the last 2 years, she has been a Young Life Leader at South Iredell High School and enjoys spending time with her Young Life girls throughout the week. She has an older brother who married HER best friend in 2016. In her free-time she loves to paint, draw and spend time cuddling her Goldendoodle, Lylah.



Product Spotlight

Flu Milieu!



Since flu season is in full swing right now, Dr. Ward wanted to highlight her go to supplement to fight off any icky sickness.

Flu Milieu isn't just for the flu. You can use it to combat the **flu**, as well as **colds** and **coughs!**

It is a good alternative to the flu vaccination. How to use as **preventative**: 5 drops / day in warm water for adults.

How to use if you **get the flu**: 1 dropper full 2x daily in warm water for adults.
(Dosage/100lbs)

Safe to use with children.
(Dose according to weight)

We are happy to announce that we are adding a SECOND Foot Detox Unit!

With this new addition, we are offering a **10% discount** if you schedule your foot detox to do with a friend!

Call the office now at **704-948-0173** to set up your spa day with a friend!