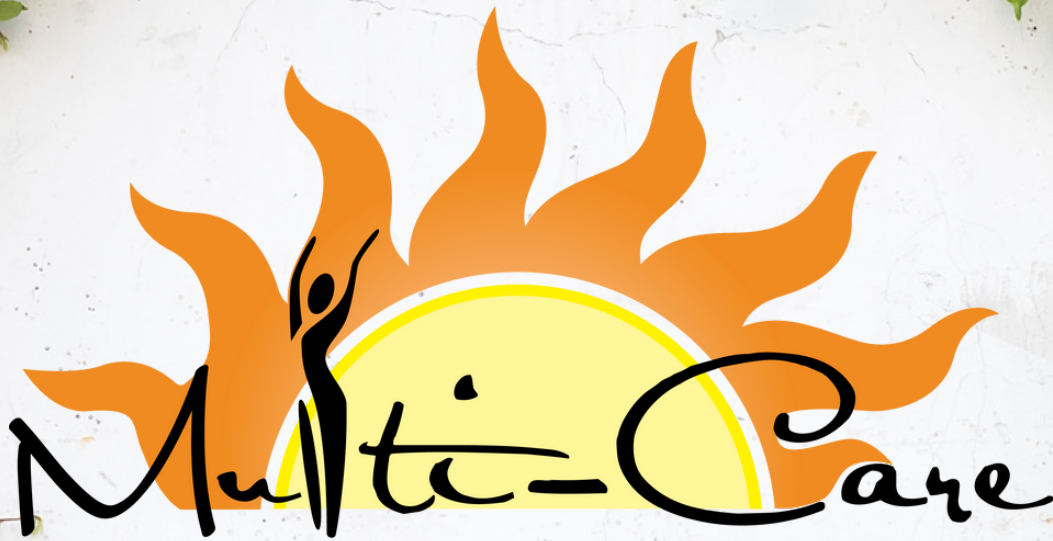


# Our Helpful Guide to Holistic Healing



**Multi-Care**  
Holistic Health Center  
Patient Guide Book



*Look & Feel like YOU Again*

1650 Honey Creek Commons SE • Suite F • Conyers • Georgia • 30013  
Located in the Honey Creek Medical Complex



# Welcome

The staff of Multi-Care Holistic Health Center is delighted you have chosen a new quality of health care.

We seek to provide a higher level of care to every client. We help patients from babies to seniors, & we have seen the easiest cases to the most difficult. We have success stories from hundreds of patients who were told “nothing can be done” or “you’ll just have to learn to live with it.”

For over 25 years, we have used the best of natural & alternative health care to find the cause of your health issue, not just treat the symptoms!

The main focus of our clinic is finding the reasons why your body isn’t working properly. The holistic approach to healthcare digs deeper than traditional medicine. This is to determine the cause of your health problem as opposed to simply medicating the symptom.

Dr. Johnson, DC., founder & clinic director, is very thorough. He really takes the time to understand your health history, your symptoms, & health concerns. This allows him to properly diagnose & recommend the best treatment options to get you back to excellent health! We are so excited to help you by providing a new level of care.

**THANK YOU FOR BEING A VALUABLE PART OF**

*Multi-Care Holistic Health Center*

*We Are Here for You*



**1650 Honey Creek Commons SE • Suite F • Conyers • Georgia • 30013**  
**Located in the Honey Creek Medical Complex**

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# Conditions We Help

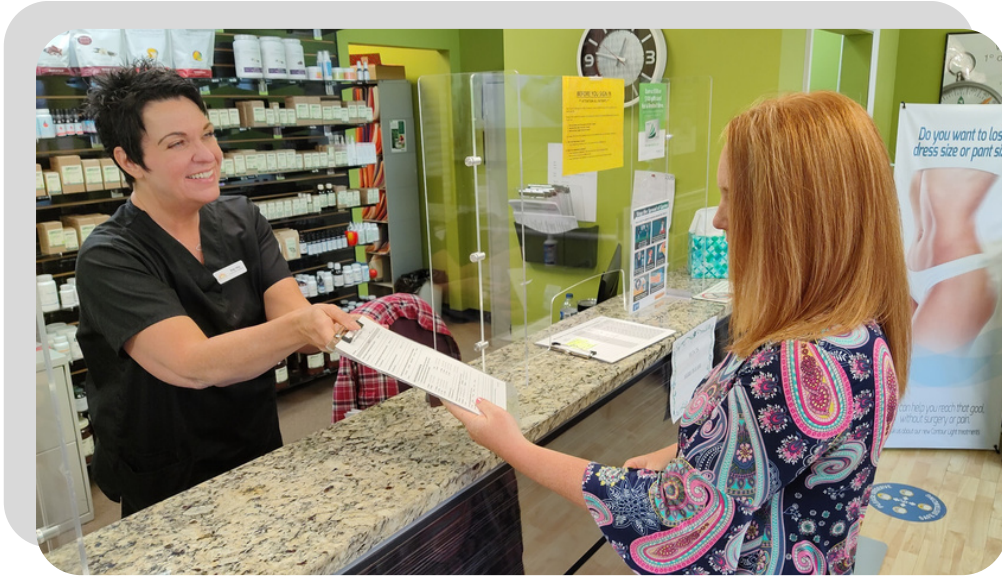


- **Stubborn Weight & Metabolism**
- **Hormonal Issues**
- **Chronic Pain Conditions**
- **Joint Pain**
- **Back & Neck Pain**
- **Arthritis**
- **Headaches/Migraines**
- **Sinus & Allergy Problems**
- **Food Allergies & Sensitivities**
- **Digestive Disorders**



- **Chronic Fatigue**
- **Low Energy**
- **Sleep Issues**
- **Men's Health Disorders**
- **Brain Fog**
- **High Blood Pressure**
- **Diabetes & Blood Sugar Issues**
- **High Cholesterol**
- **Thyroid Problems**
- **Cellulite**

**& More!**



## What Can I Expect as a New Patient at Multi-Care?

Here at Multi-Care, our approach is to first look for the cause of a person's symptoms and not just put a "band-aid" on it by just treating the symptoms. This starts with an in-depth consultation & evaluation.

Since your body can be affected by many influences such as hormone imbalances, toxins, nutritional deficiencies, food and environmental allergens, physical stressors and more, this first step is very crucial.

Most patients can experience the difference on their first visit & find that this experience is exactly what they have been looking for with their health care. A program will be developed to get you on the right path so you can get back to vibrant health and wellness.

This is what you will experience as a new patient at Multi-Care Holistic Health Center:

- **Friendly Caring Staff** that will greet you with enthusiasm and help you get started as a new patient
- **Caring, Concerned Healthcare Providers** that will take the time to listen to your story and gather all the necessary data to decide what diagnostics are needed to get to the bottom of your health concerns!
- Treatment options presented with all your **Questions Answered** and **Concerns Handled** before you start anything.
- **Finances Discussed Up Front** including any Health Insurance coverage and various payment options available to help suit your budget.
- Only the most **State-of-the-Art Treatment** options so you know that you are receiving the very best treatment
- **Our Patients Are #1** most important to us and our goal is to get you to your highest level of health in a safe, caring, and professional environment!

# Holistic Health Care & Functional Medicine

Here at Multi-Care Holistic Health Center, we are proud to offer many holistic health services to our patients. **Our focus is to find the root cause of your problem and not just “mask the symptoms”.**

If you are looking for a doctor who will take the time to find out your health history, explain what is going on and what he is going to do to help you, then come in & see Dr. Johnson, DC. He has been helping people for over 25 years.

From your first visit, you will know that you came to the right place! We want you to be healthy and happy in all aspects of your life.



## What is Holistic Health Care?

A holistic health care clinic focuses on a "wellness" approach to health. Holistic comes from the word "whole" meaning you look at the whole person and try to get to the root cause of the problem. Holistic health care will not just address the *symptom*. Holistic health care providers are trained to take an all-embracing approach to your health, providing services that go beyond traditional medicine; this includes a variety of more in depth testing as well as more natural treatments and techniques that are designed to help achieve maximum wellness.

It is crucial you find a seasoned practitioner who has the knowledge to help you. There are many practitioners who call themselves "holistic" but lack the years of experience it takes to fully understand how to help you.

## What is Functional Medicine?

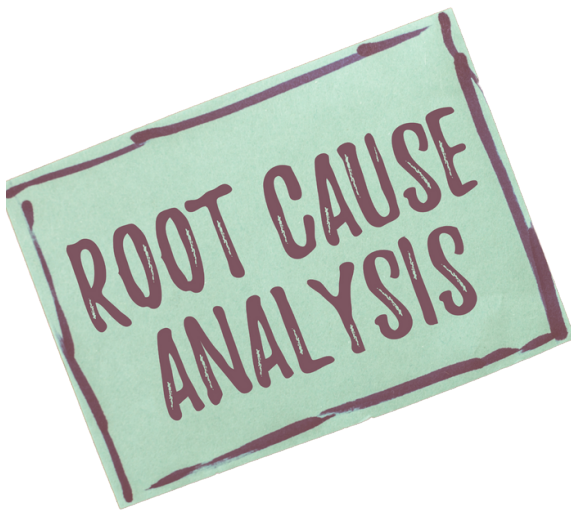
Are you curious about seeing a functional medicine doctor? Are you interested in finding the CAUSE of your health problem? There is an alternative to traditional medicine! Functional medicine is a holistic approach to health care.

Functional Medicine starts with the premise that your body is a complex group of systems that are all connected and work together as a whole. Another way of describing this is "what is causing what?" For example, a person can have liver disease and it shows up on the skin as "liver spots" or in the eyes as jaundice. By fixing the liver, it improves the skin and the eyes without ever actually treating the skin or the eye. This simple premise is the foundation of functional medicine, and only by finding the *cause* can you obtain optimal health.



## How is Functional Medicine Different Than Traditional Health Care?

Functional medicine is different in that it does not seek to treat or suppress symptoms. An example of this could be your warning light appears on the dashboard of your car. The warning light is telling you something is wrong, although you may not feel anything is wrong with the car when you are driving it. Placing a piece of colored tape over the warning light would now make it look like the car is fine, but we all know it is not. Patients seek out functional medicine doctors who are looking for a more natural approach as opposed to traditional drugs and surgery.



## What is an Example of Functional Medicine?

For example, let's consider a patient with high blood pressure; if their blood pressure is high, then something is raising it. All health care providers agree that high blood pressure is serious and can cause several issues including kidney disease, heart attack and stroke. Traditional medicine would prescribe a drug to lower the blood pressure. The drug doesn't address the cause of the blood pressure, it just forces it down. If the cause is not addressed, the blood pressure can get worse, and the person may need a higher dose or another prescription. Furthermore, if the patient stops taking the blood pressure medication, the blood pressure would elevate once again.

Functional medicine would seek to find the cause of the high blood pressure. If the cause is found and addressed, then the blood pressure starts to normalize. Medications can then be reduced and often times eliminated. Functional medicine always seeks to find the cause and relationships in the body that must be addressed in order to return to vibrant health.

**If you are interested in holistic health care & have questions about how it can help you with your health concerns, call us to schedule your complimentary holistic health care consultation. (770) 922-2556**



## Enhancing Health Assessment and Personalized Care

In today's rapidly evolving healthcare landscape, the focus on preventive & personalized medicine has gained significant momentum. Understanding the underlying imbalances & dysfunctions that contribute to health issues is crucial for effective treatment. To provide our patients with the highest level of care, we offer functional lab testing at our clinic. By offering comprehensive & advanced diagnostic testing, we aim to enhance health assessment & deliver personalized treatment plans tailored to each individual's unique needs.

## The Power of Functional Lab Testing

Functional lab testing, also known as functional medicine testing or advanced diagnostic testing, goes beyond conventional diagnostic tests by assessing the functional aspects of the body. It helps uncover hidden imbalances, identifies underlying causes, & provides valuable insights into an individual's overall health & well-being. Unlike traditional lab testing that focuses on diagnosing specific diseases or conditions, functional lab testing takes a more comprehensive approach to evaluate the overall health & function of various bodily systems.



Functional lab testing involves analyzing different biomarkers, such as blood, urine, saliva, stool, or hair samples, to assess factors such as hormone levels, nutrient status, gut health, immune function, detoxification capacity, and inflammation markers. The tests are typically performed by specialized laboratories that utilize advanced analytical techniques to provide detailed & personalized information about an individual's physiological status.

### • **Comprehensive Metabolic Assessment**

Our clinic offers a range of functional lab tests to comprehensively evaluate your health. The Comprehensive Metabolic Panel (CMP) assesses organ function, electrolyte balance, and metabolic health, providing a snapshot of your body's overall well-being. By monitoring markers such as liver enzymes, kidney function, blood glucose, and lipid profile, we can identify early warning signs & proactively address any imbalances.

### • **Hormone and Nutritional Analysis**

Hormones play a crucial role in regulating various bodily functions. With our hormone testing services, we can assess levels of reproductive hormones (estrogen, progesterone, testosterone), thyroid hormones, adrenal hormones (cortisol, DHEA), and others. This information enables us to identify hormone imbalances that may contribute to symptoms such as fatigue, mood swings, weight gain, or reproductive issues. Additionally, our nutritional testing evaluates nutrient levels & functional markers, helping us identify deficiencies or imbalances that may affect your overall health & vitality.



# Functional Lab Testing



## • Food Sensitivity Testing

Food sensitivity testing is a process that helps identify potential adverse reactions to certain foods or food components. It involves examining an individual's immune response to specific substances found in food. By measuring antibodies or other markers in the blood, food sensitivity tests can provide insights into which foods may be causing an immune reaction. This information can be valuable in developing personalized dietary plans and eliminating trigger foods, & it can potentially alleviate symptoms such as digestive issues, skin problems, fatigue and more.

## • Unraveling Gut Health

The gut microbiome plays a pivotal role in maintaining our health. Through our advanced gut health testing, we can analyze the composition of your gut microbiota, assess for gut infections (parasites, bacteria, yeast), and evaluate gut permeability. These insights provide a deeper understanding of digestive issues, autoimmune conditions, and other systemic health concerns. By addressing gut health imbalances, we can promote optimal digestion, nutrient absorption, and immune function.



## • Micronutrient Testing

Micronutrient lab testing is a crucial scientific process that focuses on the analysis & measurement of essential vitamins, minerals, & trace elements in various samples. These micronutrients are vital for maintaining optimal health & functioning of the human body. Through specialized laboratory techniques, such as spectroscopy, chromatography, & immunoassays, micronutrient lab testing enables researchers, healthcare professionals, & individuals to assess the levels & deficiencies of specific micronutrients. This information is valuable for diagnosing nutrient deficiencies, guiding dietary interventions, formulating personalized nutrition plans, & monitoring the effectiveness of supplementation. Micronutrient lab testing plays a significant role in promoting overall well-being & preventing nutritional imbalances that can lead to various health conditions.

## • Genetic Testing

Genetic testing is a powerful tool that involves the analysis of an individual's DNA to identify potential genetic variations, mutations, or predispositions to certain diseases or conditions. This testing helps in understanding the role of genetics in health and disease and provides valuable insights into an individual's genetic makeup. Genetic testing can be used for various purposes, including diagnosing genetic disorders, predicting the risk of developing certain diseases, guiding personalized treatment plans, and assessing the likelihood of passing on genetic conditions to future generations. By examining specific genes or chromosomes, scientists and healthcare professionals can uncover valuable information that assists in making informed decisions about medical management and lifestyle choices. Genetic testing has revolutionized healthcare by enabling early detection, prevention, and targeted interventions, ultimately leading to improved patient outcomes and a deeper understanding of human genetics.



### • **Toxins**

Lab testing for toxins involves the analysis & identification of harmful substances in various samples to assess their presence and concentration. These toxins can include heavy metals, pesticides, environmental pollutants, mycotoxins, and industrial chemicals. Through specialized laboratory techniques, such as chromatography, mass spectrometry, and immunoassays, scientists can detect and quantify these toxins, ensuring the safety and quality of food, water, air, and consumer products. The results of toxin testing help in assessing potential health risks, determining compliance with regulatory standards, and guiding appropriate interventions to mitigate exposure. By accurately identifying and monitoring toxins, lab testing plays a crucial role in safeguarding public health and the environment, facilitating risk assessment, and promoting overall well-being.



### • **Oxidative Stress**

Oxidative stress lab tests are diagnostic procedures that evaluate the level of oxidative stress in the body. Oxidative stress occurs when there is an imbalance between the production of reactive oxygen species (ROS) and the body's ability to neutralize them with antioxidants. These lab tests measure various biomarkers, such as lipid peroxidation products, antioxidant enzymes, and antioxidant molecules, to assess the oxidative damage and antioxidant capacity within cells and tissues. By analyzing these markers, scientists and healthcare professionals can gain insights into the body's oxidative status and evaluate the impact of oxidative stress on overall health and disease development. Oxidative stress lab tests are utilized in research, clinical settings, and preventive medicine to understand the underlying mechanisms of various conditions and guide interventions aimed at reducing oxidative stress and promoting antioxidant defenses.

### *Personalized Care and Treatment*

At our clinic, we believe that every patient deserves personalized care. Functional lab testing serves as a valuable tool in tailoring treatment plans to address the specific needs of each individual. By identifying the underlying causes of health issues, we can develop targeted interventions, including dietary and lifestyle modifications, nutraceutical support, hormone optimization, and more. This integrative approach aims to restore balance, improve overall health, and enhance quality of life.



### *Embracing the Future of Healthcare*

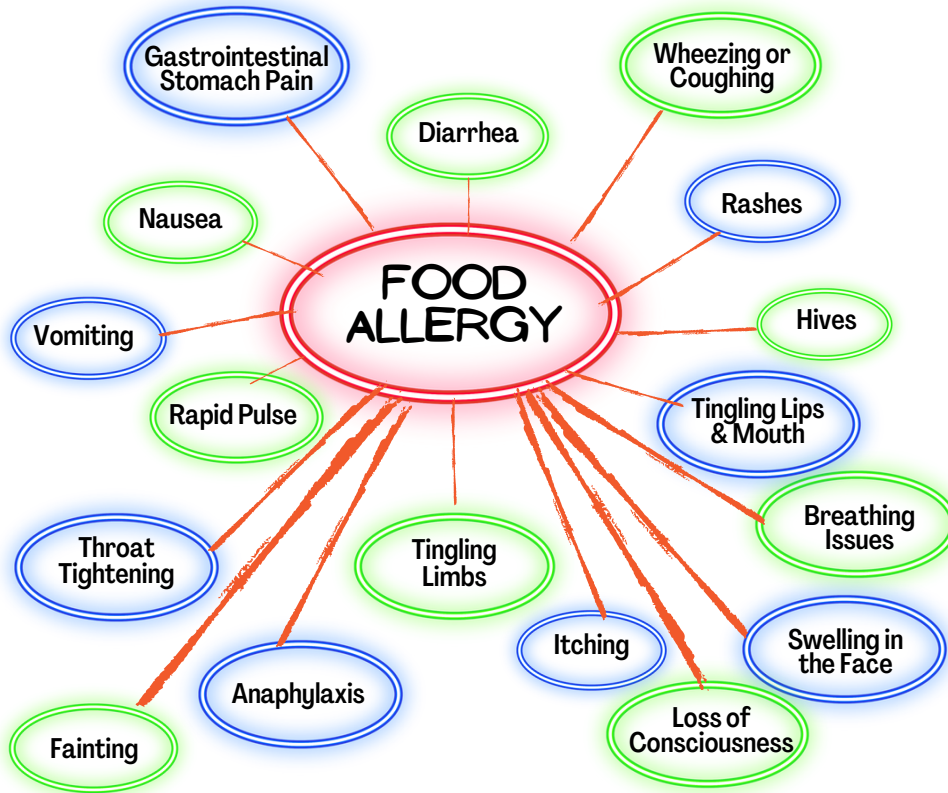
By incorporating functional lab testing into our clinic, we are embracing the future of healthcare—a future focused on preventive care, personalized medicine, and patient empowerment. We are committed to staying at the forefront of medical advancements and providing our patients with the most comprehensive and effective care available.

# Food Allergy vs Sensitivity Testing

Do you have unresolved symptoms that you wonder may be due to a certain food you are eating? Do you feel tired or get a headache after you eat? Suffer with stomach problems? Do you have skin issues like unexplained rashes or hives? Do you have unexplained fatigue?

If so, you may be suffering with a food allergy or sensitivity. About 50% of the population suffers from some type of unknown food allergy or sensitivity and have no idea that it's causing their health problems. Here at Multi-Care Holistic Health Center we offer food allergy and food sensitivity testing. We can discover any hidden food allergens that may be affecting you and your health!

## What are the Signs + Symptoms of a Food Allergy?



Reactions to a food allergy usually occur immediately or within 2 hours or less of the food being consumed and generally experience symptoms rapidly.

Food allergies can cause serious symptoms and be life threatening like impaired breathing and in cases of nut or shellfish allergies, anaphylaxis can occur.

With immediate food reactions, you will almost always experience an allergic response.

## What are the Most Common Food Allergies?

Many types of foods can cause food allergies but there are 8 most common foods that cause 90% of food allergy reactions in the United States.

These common foods are eggs, milk, wheat, soybeans, peanuts, tree nuts, fish and shellfish. Some of these can cause severe reactions and even anaphylaxis which is life threatening.

## What is the Difference Between a Food Allergy + a Food Sensitivity or Intolerance?

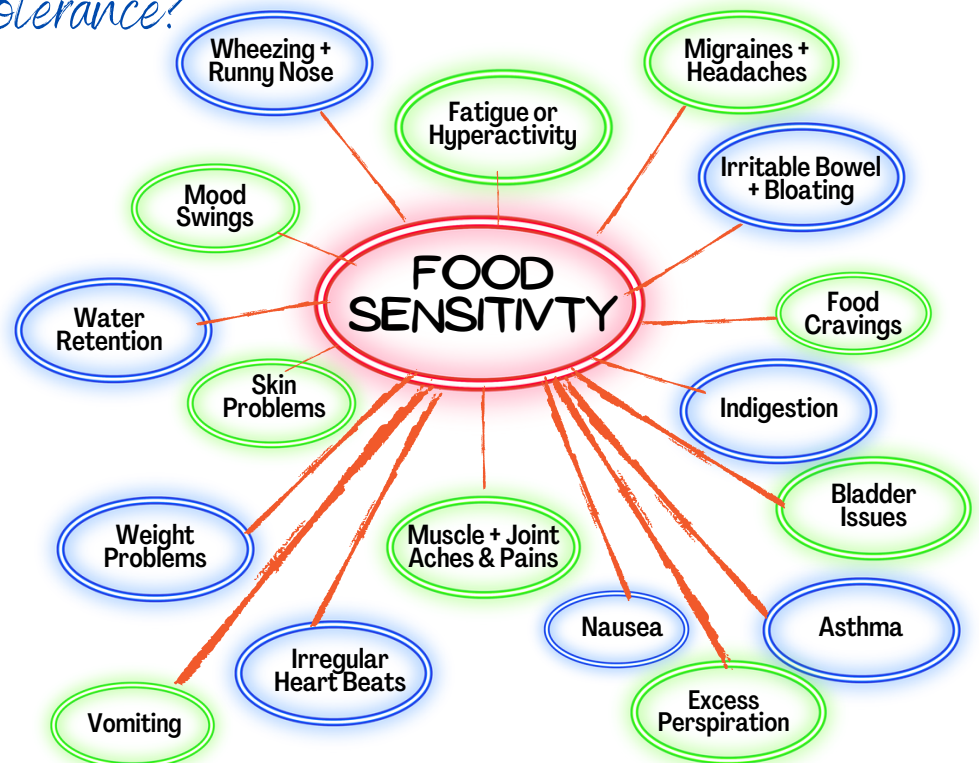
The main differences between food allergies and food sensitivities are **allergies are developed from infancy and are far less common than sensitivities**. Food allergies produce immune reactions immediately up to 2 hours of the consumption of the offending foods. Unfortunately, true food allergies tend to persist and can be lifelong.

**Food sensitivities are developed at any age and are very common** and the majority of the population suffer with them. Generally, sensitivities take up to 72 hours after consumption for the body to display a reaction. The reaction is much less severe than an allergy and show different symptoms. The good news is that food sensitivities or intolerances can clear up after following a proper food elimination diet.

## What are the Signs + Symptoms of a Food Sensitivity or Intolerance?

The most common food sensitivities or intolerances come from **dairy, gluten, nuts, seeds, yeast, soy, caffeine, sugar, citrus fruits, eggs, nightshade vegetables like tomatoes, peppers, eggplant and potatoes, processed foods, additives and preservatives, artificial colors and more.**

Food sensitivities or intolerances can be reintroduced into the diet where food allergies can not.



## How are Food Allergies + Sensitivities Helped?

Here at Multi-Care Holistic Health Center we get the best results when helping food sensitivities by using a special food elimination diet that is customized for our patients. We offer several food allergy and sensitivity tests from a leading laboratory that specializes in allergy and immunology testing using high quality state of the art technology.

Dr. Johnson, DC will decide which test is best for you and, when ready, you will receive your results with a full explanation packet of any offending foods and your custom elimination diet. We may also recommend certain nutraceuticals or supplements that will aid in your journey to improve your food allergies or sensitivities and lead to a higher quality of life.



# Nutraceuticals

Are you interested in finding an [alternative to traditional medicine](#)? Curious about natural and holistic health options? At Multi-Care Holistic Health Center, we offer many types of nutraceuticals, herbs, supplements, medical foods and bio-identical hormones.

## What Does the Term "Nutraceutical" Mean?

The term **nutraceutical** is derived from "nutrition" and "pharmaceutical". [Nutraceuticals](#) are a [pharmaceutical alternative](#) including nutritional supplements, herbs or "food" type products which are often called medical or functional food that provide health benefits and possess multiple therapeutic properties. Nutraceuticals come from plants, animals and microbial sources.



## What Are the Health Benefits of Nutraceuticals?

There are many health benefits to using nutraceuticals such as:

- Improved Health
- Support of Various Body Functions
- Increased Energy
- Delay the Aging Process
- Better Sleep Quality
- Regulating Glucose
- Improving Insulin Resistance
- Relieve Anxiety
- Improve Mental Clarity
- Healthy Weight Regulation
- Hormone Balancing
- Increased Immune Function



## What Are Nutraceutical Products?

Nutraceuticals include certain natural products such as herbs, vitamins, minerals, phytonutrients, hydrolyzed proteins, pre and probiotics and more. Nutraceuticals also include certain whole foods like fruits and vegetables, fish, meats or any food that provides health benefits above its basic nutritional value.

At Multi-Care Holistic Health Center, we offer many high-quality nutraceutical products that are designed to support the body's various organs and functions which will aid in increased health. Many of [our products are "professional grade" and can only be bought through approved health professionals in practice](#). We call them "pharmaceutical grade supplements" simply for the powerful positive effects created from taking these high-quality supplements but without all the unwanted side-effects of pharmaceutical medicines.

When you come to Multi-Care Holistic Health Center, Dr. Johnson will carefully and thoroughly review your current symptoms, health history, medications and any recent lab tests to recommend the right products for you and your unique health situation.

## What is the Difference Between Nutraceutical + Pharmaceutical?



Nutraceutical is a natural whole food-based product that is used for prevention and offers many health benefits typically with no side effects or serious adverse reactions. Nutraceuticals do not require a medical doctor to write a prescription and are significantly less expensive than pharmaceuticals.

If you are considering trying nutraceuticals be sure to research the source and manufacturer of the product to ensure the highest quality product that has been tested for consistency, potency and purity of their ingredients.

Past studies revealed that many major retail suppliers of herbs and supplements did not actually contain the herb the label stated. Most were filled with cheap fillers like wheat, rice, beans and other non-significant ingredients. These fictitious products can cause serious health issues to people who may have allergies to these fillers that were not listed on the labels.

At Multi-Care Holistic Health Center, [we only carry products that are manufactured by facilities that have the highest quality ingredients and go through rigorous testing standards and quality control](#) such as Standard Process, MediHerb, Newton Homeopathics, Metagenics and Biotics, just to name a few. Pharmaceutical is a chemical type drug with no nutritional value used for medicinal purposes and must be prescribed by a medical doctor or other approved medical professional. Although they are created to prevent, treat or cure disorders and diseases, [pharmaceuticals have side effects and some effects can be very serious including death](#). According to the CDC, approximately 1.3 million emergency department visits are from adverse reactions to prescribed drugs every year and that doesn't even include the large amount of deaths each year. Many people have decided to seek other forms of treatment to avoid these types of reactions.

The majority of our patients come to us simply because they are [tired of taking pharmaceutical medicines that are causing them ill side effects](#) and are searching for an alternative. If you are considering trying the natural nutraceutical route contact us today to learn more about how we can help you. Dr. Johnson is considered an expert in this field and will determine the best products for you and your health concerns.

# Chiropractic Care

Dr. Johnson, DC has successfully treated thousands of patients in Conyers, GA for over 25 years.

He is a graduate of Life University and has studied many different chiropractic techniques. He uses specific techniques based on your unique needs. Dr. Johnson will perform a very thorough chiropractic examination and take x-rays, if needed, to properly diagnose your spinal or joint condition. Dr. Johnson most commonly uses the following techniques: Diversified, Thompson or drop table and manual and instrument techniques.

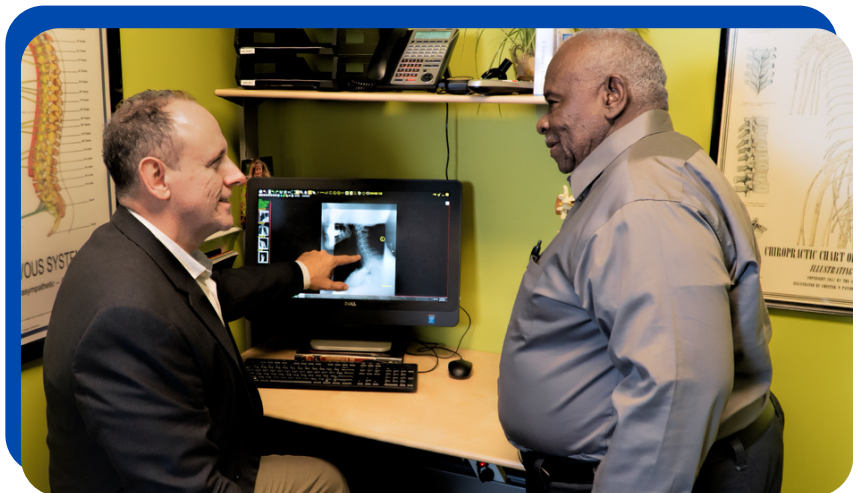


## What is Chiropractic Care?

Chiropractic Care focuses on [how your spine and joints interact with your body's central nervous system](#). Chiropractors are concerned with how misalignments in the body's musculoskeletal structure, specifically within the spine, can be a root cause of several different conditions and illnesses.

Chiropractic care primarily involves spinal manipulation techniques (either manually with the hands, or with computerized instruments) to help provide proper alignment in patients' musculoskeletal structure, whether that consists of the spine or other joints in your body.

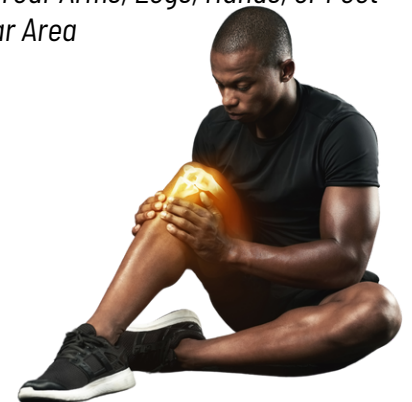
At Multi-Care Holistic Health Center we also offer instrument adjustments using "The Pro-Adjuster" Both techniques can be an excellent alternative to surgery or long-term pain medication.



## What Symptoms Do Chiropractors Treat?

Because the spine and nervous system interact with the entire body, the pain symptoms that a chiropractor is qualified to treat are diverse and far-reaching! Whether it is your neck, shoulders, knees, or toes that are bothering you, a chiropractor will most likely be able to provide excellent treatment. Our chiropractor, Dr. Johnson, DC, sees patients with symptoms and conditions such as:

- Ankle Pain
- Arthritis Related Conditions
- Degenerative Disc Disease
- Herniated Discs
- Hip Pain
- Joint Pain or Stiffness
- Knee Pain
- Migraine Headaches
- Myofascial Pain
- Pain in Your Extremities, Including Your Arms, Legs, Hands, or Feet
- Numbness or Tingling in a Particular Area
- Sciatica
- Shoulder Pain
- Osteoarthritis
- Sports Injuries
- Upper, Middle, & Lower Back Pain
- Whiplash
- Neck Pain & Stiffness







# Chiropractic with the "Pro-Adjuster"

At Multi-Care Holistic Health Center we also offer instrument adjustments using "The Pro-Adjuster" Both techniques can be an excellent alternative to surgery or long-term pain medication.

We always offer the most state of the art equipment and if you prefer instrument adjustments, we are one of the few clinics that offer "The Pro-Adjuster"

Are you in pain, & have thought of seeing a Chiropractor but are afraid of being "popped or twisted"?

Manual adjustments can make some people nervous & may not be ideal for individuals with certain conditions that make them more sensitive to those types of adjustments.



If you are one of these people, you can still receive the benefits of chiropractic care without the potential discomfort of manual adjustment. The "Pro-Adjuster" is a sophisticated type of technology that allows for gentle, safe manipulation without any popping or sudden twisting.

The "Pro-Adjuster" is the most advanced piece of chiropractic evaluation & treatment equipment in existence today. Quite simply, it is a marvel of modern technology & has allowed our office to produce amazing results for patients. We are excited to be the first to introduce the "Pro-Adjuster" to our community.

## Why is the "Pro-Adjuster" so special?

It uses advanced technology to determine if each segment/spinal vertebrae is in proper alignment, so the nervous system is free to effectively transport nerve impulses throughout your body. The information is graphically displayed, so our Doctor can detect the problem area each time with every patient.

The "Pro-Adjuster" allows the doctor to select the exact adjusting technique with complete confidence. Computer aided adjustments are low-force & don't require the spine to be twisted or popped. For this reason, they are exceptionally safe & are approved for senior citizens, disc problems, & children.

If you have ever wanted to try chiropractic, but were afraid of the treatment, the "Pro-Adjuster" is your answer.

**Call today to schedule an exam  
& see which type of  
Chiropractic Care is right for you:  
(770) 922-2556**



# MiracleWave® ShockWave Therapy

## What is The MiracleWave®?

The MiracleWave® is a cutting-edge treatment option that uses acoustic wave therapy – also known as ShockWave Therapy – to **regenerate tissue and speed up the healing process.**

ShockWave technology is a therapeutic method supported by research that use high-energy acoustic waves to deliver pulses to affected musculoskeletal tissue. These waves are delivered through the MiracleWave® device that impose a mechanical stress on tissue to initiate cellular-level biological effects. By enhancing stem cell activity and blood circulation, which encourages the regeneration of injured tissue, **ShockWave treatment helps to initiate and enhance the body's healing capacity.**

The MiracleWave® therapy is a **non-invasive, painless therapy for a variety of ailments**, including joint pain, sports-related injuries, arthritis, muscular discomfort, plantar fasciitis and fibromyalgia and much more.

### ShockWave Therapy Offers More Effective Healing By:

- Improving Tissue Repair and Regeneration
- Stimulating Collagen Synthesis

### ShockWave Decreases Pain Levels By:

- Releasing Trigger Points in the Back, Neck, Shoulders, and Extremities.
- Reduces Persistent Chronic Inflammation

### ShockWave Also Has Many Positive Biological Effects Such As:

- Enhancement of Microcirculation
- Promotion of Growth Factor Activity
- Stimulation of Stem Cell Production (Cell Proliferation)

### ShockWave Treatment Offers an Extensive Number of Remarkable Advantages:

- Procedure That is Non-Invasive & Non-Surgical
- No Downtime Necessary
- Treats Multiple Conditions
- Increases Blood Flow
- Alleviates Chronic Inflammation
- Dissolves Calcium Deposits
- Relieves Trigger Points
- Interrupts Pain Neurotransmitter

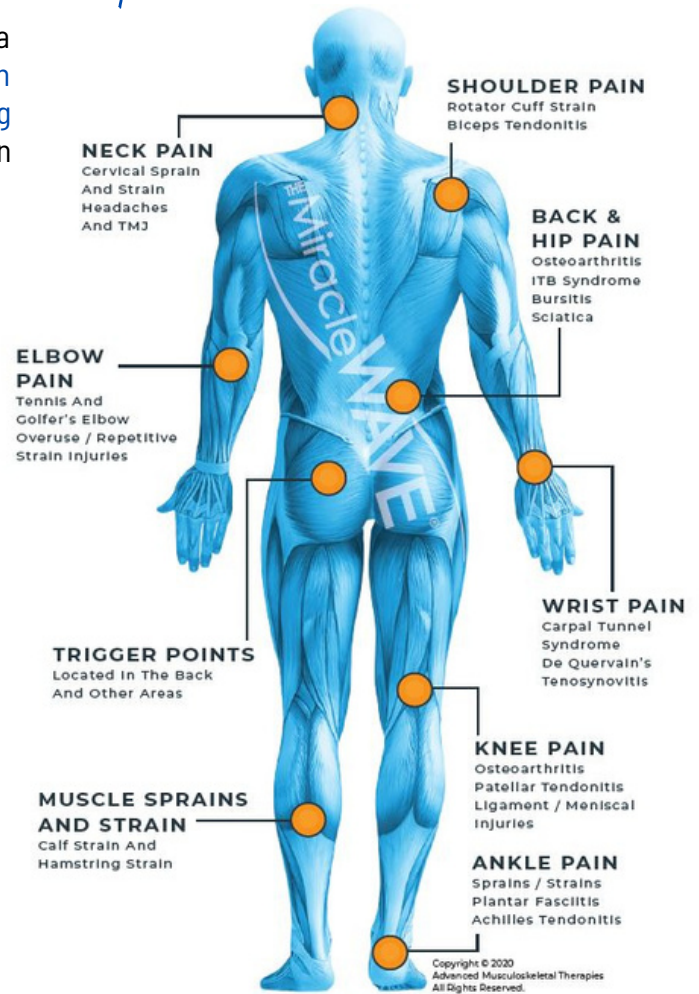


## What Conditions May ShockWave Help?

According to research, shockwave technology can treat a variety of musculoskeletal conditions by **alleviating pain** from moderate to chronic and **speeding up the healing process**. The following areas of the body and ailments can be treated using shockwave therapy:

**Arthritis in the joints**  
**Knee Pain**  
**Patellar Tendonitis**  
**Shin Splints**  
**Plantar Fasciitis**  
**Heel Spurs**

**TMJ/Jaw Conditions**  
**Rotator Cuff Injuries**  
**Golfer's Elbow**  
**Tennis Elbow**  
**Carpal Tunnel Syndrome**  
**Back, Hip, Neck Pain**



## How Long Does It Take to Notice Improvements from ShockWave?

The length of time required for shockwave therapy to be effective varies depending on a variety of patient-specific factors, such as:

*The disorder being treated, The severity of the medical condition, The patient's response to the therapy, The patient's total state of health, or the patient's expected outcome.*

The good news is **over 90% percent of our patients report some type of improvement on the first session** and continue to notice ongoing improvements as future treatments take place.

Because shockwave therapy is a manual non-invasive treatment, it may take some time over several weeks for the final pain-relieving effects to take place and longer for the most regenerating healing to occur.



**Schedule an exam to see if the MiracleWave® is right for you: (770) 922-2556**



# Doctor-Supervised Weight Loss

## How Can I Lose Weight?

There are numerous ways to lose weight from risky fad diets and diet pills to healthy diet and lifestyle changes. Unfortunately, many people try to lose weight using risky fad diets that most often cause a severe unbalance of vitamins and minerals from limiting certain foods that are important for the body to function. This unbalance can cause unwanted health problems. Using diet pills can also cause many unwanted side effects including serious issues with the heart.

Sadly, most people who attempt to lose weight using fad diets or diet pills can't continue long term or lose a few pounds and end up gaining the weight back and more.

The key to long term weight loss that is good for you is to follow a healthy diet and make lifestyle changes that will help your body obtain true long-lasting results.

### Some examples of healthy diet and lifestyle changes are:

- \* Avoid processed foods
- \* Cut down on refined carbs
- \* Stop the added sugars in your food
- \* Drink plenty of water
- \* Choose more high fiber foods
- \* Eat fresh vegetables and fruits
- \* Make sure to consume the proper amount of protein for your body at each meal
- \* Get more active
- \* Follow a healthy but effective doctor supervised weight loss program such as ChiroThin.



## What is Considered Doctor-Supervised Weight Loss?

Doctors supervised weight loss can mean many things, it all depends on the type of doctor or healthcare professional and the types of weight loss methods that they are using. These types of weight loss programs are usually recommended by a doctor or other healthcare professional based on your individual goals, health history and current health condition which is supervised in a clinical setting. The most common weight loss methods used by medical doctors are the use of weight loss medications, injections and invasive weight loss surgeries. Other healthcare professionals may use pre-packaged foods, custom diet plans and certain types of supplements to aid in fat burning.

Here at Multi-Care our doctors supervise all our weight loss programs to ensure the patient is following the correct plan for them and is getting the best results for effective long-term weight loss.

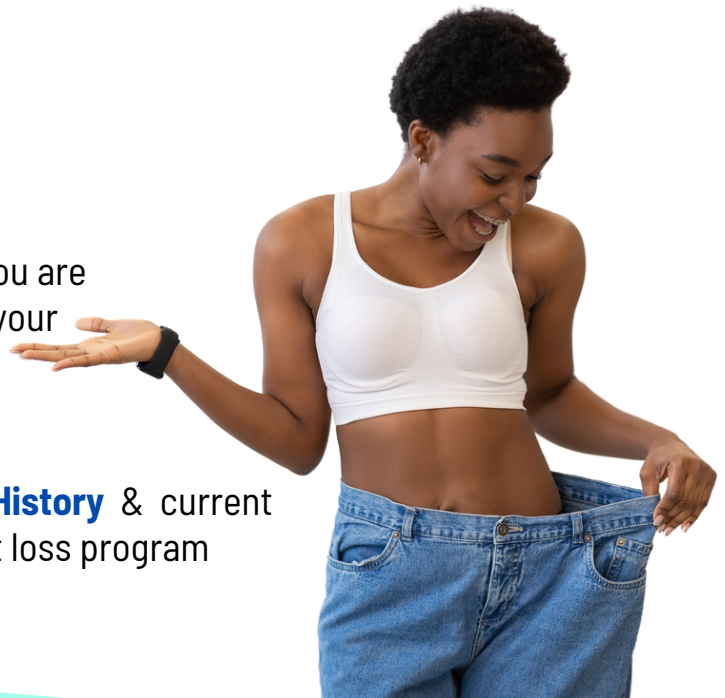
## We Offer Several Weight Loss Options Including:

- an **All-Natural, Holistic Approach**
- a **Medical Approach** Using Popular **GLP-1 Weight Loss Injections**

Both programs are doctor-supervised & customized for you to get the best results. You will learn healthy eating habits & lifestyle changes to keep the weight off for long-term results. We monitor your results to ensure your success.

## We Also Provide:

- **Comprehensive Hormone Testing** to see if you are suffering with hormonal imbalances effecting your weight loss potential
- **Thorough Understanding of Your Health History** & current health status to recommend the *correct* weight loss program





# All Natural CHIROTIN WEIGHT LOSS PROGRAM

## What is ChiroThin Weight Loss. & How Does It Work?

ChiroThin does not use any injections or drugs. This means **the supplements that go with this program are all-natural.** While many patients struggle with exercise due to low energy or pain, we have made it easy to lose weight & look great without the need for exercise!

The entire 6 week ChiroThin weight loss program is doctor-supervised; it is not created like the diet fads you may have become accustomed to previously. Our doctor-supervised weight loss program includes everything you need to be successful on your weight loss journey.

The ChiroThin Weight Loss Program utilizes a natural dietary supplement that contains a host of nutritional ingredients that are well-known to aid in fatty acid transportation, fatty acid metabolism, blood sugar stabilization, & provide an increase in metabolism & detoxification.

When combined with a healthy, specific amount, and blend of low glycemic index, anti-inflammatory foods, your body will be more efficient at converting stored fat into energy. In general, ChiroThin allows the body to more efficiently metabolize fat & use it as energy when an individual consumes less calories than they burn in a given period of time.

ChiroThin nutritional support formula is a blend of very specific ingredients including amino acids, vitamins, & cell salts. It is designed to help your body function better. The ChiroThin formula provides hunger & craving suppression, blood sugar stabilization, detoxification, improved fatty acid transportation, and better fatty acid metabolism.

ChiroThin is safe, effective, & affordable. Each of our patients have the opportunity to choose from a wide variety of foods they wish to eat. There is no packaged food or shakes; it is real food you buy at the grocery store.

## How Much Weight Can I Expect to Lose on the Program?

While weight loss will vary by person, **most people who adhere to the ChiroThin weight loss program have lost between 20-35 pounds** on the 42-day program. Everyone is different. It depends on many factors including how much excess weight you have, how much weight needs to be lost, & your adherence to the program.



Weight loss & lowering your BMI shouldn't be hard, and our ChiroThin program has proven to make it easy by improving your health, lowering your blood pressure, & lowering blood sugar levels. We routinely have patients who are able to have their medications reduced, and even eliminated. This gives them peace of mind concerning the long term side-effects that come with those medications.

**Make an appointment for a free weight loss consultation to learn more about our programs: (770) 922-2556**



# Semaglutide Weight Loss Injection

If you're trying to lose weight, you know how it can be a challenge. Not only do you have to lose weight in the first place, but you also have to keep it off over time. There are so many options for weight loss, with some of them being more holistic in approach than others. Semaglutide injections, offered at Multi-Care Holistic Health Center, are a weight loss option designed to help people lose weight effectively and healthily. Rather than yo-yo dieting or extreme fad diets, semaglutide injections can help you maintain a balanced weight and lifestyle over time.

## What are Semaglutide Injections?

Semaglutide injections are a medical weight loss approach that uses a once-weekly injection designed to help people achieve and maintain a healthy weight. This exciting new medical weight loss program has been showing amazing promise for those who have tried everything to lose weight and been unsuccessful. The FDA approved semaglutide (Wegovy) in June 2021 for chronic weight management in adults when used in combination with a healthy diet and exercise. This weight loss method helps suppress hunger cravings, boost energy levels, and reduce the amount of fat stored in your body. Additionally, semaglutide injections reduces the risk of type 2 diabetes and other health complications related to being overweight.

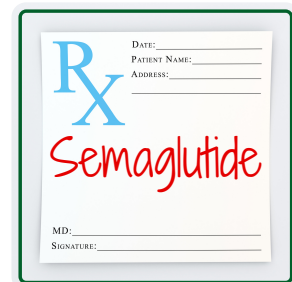
## How are Semaglutide Injections Used, & How Effective are They?

Semaglutide works by activating a hormone in your body called glucagon-like peptide-1 (GLP-1). This hormone helps to control your appetite and how much you eat. The semaglutide injection is administered once a week and should be taken in combination with regular exercise, healthy eating habits, and other weight loss strategies. All of these elements must work together for the weight loss approach to be effective. According to the FDA, studies have shown that semaglutide (Wegovy) injections can help people lose 15-20% of their body weight over a 5-6 month period. This weight loss method can also help reduce body mass index (BMI) and waist circumference.



## What are the Benefits?

- Increased Energy Levels
- More Balanced Weight Maintenance Over Time
- Reduced Risk of Type II Diabetes
- Improved Physical Fitness Due to Increased Energy
- Reduced Hunger Cravings



## Who Should Consider Semaglutide Injections?

Semaglutide injections are an ideal weight loss solution for those who struggle with significant weight issues and have tried unsuccessfully to lose weight through other approaches such as diet and exercise. It should also be considered by anyone who is at a higher risk of health complications due to being overweight. It should not be considered by individuals who are pregnant, breastfeeding, or have a history of serious medical conditions.

**Schedule a complimentary consultation to see if Semaglutide injections are right for you: (770) 922-2556**



# Women's Hormonal Health

Hormonal imbalances are the cause of many unwanted symptoms, and even the slightest imbalance can cause noticeable health effects. Hormone levels have a natural fluctuation throughout the different stages of life starting at puberty through menopause. Imbalances can occur from certain lifestyle habits and changes, medical conditions and endocrine gland dysfunction. If you want to know if you may be suffering from a hormonal imbalance, contact us today for more information.

## *How Do I Know If My Hormones are Imbalanced?*

There are so many symptoms that can be linked to a hormonal imbalance and the symptoms you may be experiencing depend on which hormones are out of balance. You may notice changes in your metabolism, for example, unexpected weight gain or not being able to lose weight like you have done previously. You may experience changes in your sleep cycles, body temperature, mood swings and sexual dysfunction. Both men and women can have hormonal imbalances.

Laboratory testing is the only way to determine a hormonal imbalance, but many patients have had hormone tests performed and told they were normal, yet they know something is wrong. At Multi-Care Holistic Health Center, we offer more in-depth hormonal lab testing through blood and saliva. Our hormonal tests range from the very basic to the most comprehensive.

## *The Most Common Symptoms of a Hormonal Imbalance are:*

- \* Heavy, painful or irregular periods
- \* Unexplained weight gain or inability to lose weight
- \* Insomnia or interrupted sleep
- \* Fatigue
- \* Hot flashes and night sweats
- \* Low libido
- \* Dry skin
- \* Headaches
- \* Hair loss or brittle thinning hair
- \* Vaginal dryness
- \* Fertility issues
- \* Mood swings and irritability
- \* Acne
- \* Increased facial hair





## What Causes Hormonal Imbalances?

Some hormonal imbalances are from natural aging while others can range from stress to endocrine dysfunction. Others may be caused by side effects or medications. Some just tend to worsen with age. Some of the main causes of hormone imbalances are:

### Thyroid Dysfunction

If your thyroid gland is not working properly it can cause abnormal thyroid levels considered either underactive or overactive.



### Chronic Stress

Stress can have a major effect on your body's cortisol levels which can then affect other hormones in your body.

### Birth Control or Hormone Replacement Drugs

Most birth control and hormone replacement medications contain synthetic or "man-made" hormones which can cause numerous imbalances in the body. Synthetic hormones are not natural to the body, and just by adding these common hormones to your body it can cause a myriad of symptoms.

### Medications

Certain medications can cause a hormonal imbalance such as steroids and diabetes medications.

### Endocrine Disruptors

Endocrine disruptors are common chemicals that mimic your body's hormones and can cause severe hormone imbalances. Common endocrine disruptors are toxins, pollutants, chemicals, herbicides, pesticides, plastics, environmental contaminations and certain foods we eat can interfere with the endocrine system. These are just examples of the many endocrine disruptors.



## How Can I Naturally Balance My Hormones?

There are several natural effective options to balance your hormones. These include herbs and dietary modifications as well as "bio-identical" hormones which are plant based derived hormones that are the exact same chemical structure as those produced by the body. Our patients have found immediate reduction in symptoms once they are placed on the proper bio-identical hormones. Therefore, proper testing is key to your success.

## How Long Does It Take to Fix a Hormonal Imbalance?

The majority of our patients start feeling improvements in a matter of days to weeks. Although it may take some patients months to completely rebalance their hormones, they are excited because they can tell it is working almost immediately. Since hormones are a major communication system in our body, the overall health benefits you will experience are simply life changing.

**Schedule a free hormonal consultation today to learn more: (770) 922-2556**

# Men's Health

Men's health is an important topic, and Multi-Care Holistic Health Center is dedicated to providing comprehensive, holistic healthcare services to help men achieve their health and well-being goals. We understand that men face unique healthcare needs and work closely with each of our patients to provide individualized care tailored to their specific needs. Our comprehensive range of services includes a variety of treatments and therapies to help men with an array of health issues

## Understanding Testosterone + Its Role

Testosterone is a vital hormone that plays a crucial role in various aspects of a man's life, including muscle mass, bone density, sexual function, mood regulation, and overall energy levels. However, as men age, testosterone levels may decline, leading to a range of symptoms that can significantly impact their quality of life.

## Helping with Low Testosterone

**Low testosterone is not a symptom, but a sign of other health issues.** Although often associated with aging, it can also be caused by other factors as well, including stress, lifestyle, and genetics. At Multi-Care Holistic Health Center, we work with each individual to identify the root cause of their low testosterone (low T). We have medical and holistic options to address this condition based on your needs. By increasing your testosterone levels back to a healthy range, you can feel like your old self again. Improved energy, libido and overall health are just a few of the health benefits you can experience.



## Our Clinic: A Trusted Destination for Testosterone Injection Therapy

At our clinic, we prioritize personalized care and strive to understand each patient's unique needs and goals. Our team of experienced healthcare professionals will conduct a thorough evaluation, including comprehensive hormonal testing, to determine the most suitable treatment plan. With a focus on safety, effectiveness, and patient satisfaction, our clinic ensures that testosterone injection therapy is administered under the guidance of qualified medical professionals. Regular monitoring and adjustments are made to optimize results while minimizing any potential side effects.



# Men's Health

## Testosterone Injection Therapy for Low T

In an era where men's health is gaining increasing recognition and importance, our clinic proudly presents a revolutionary solution to address hormonal imbalances and improve overall well-being: **Testosterone Injection Therapy**. Designed specifically for men, this therapy offers a transformative approach to revitalize lives and optimize health.

### *The Benefits of Testosterone Injection Therapy:*

Our clinic's testosterone injection therapy provides a safe and effective method to address low testosterone levels and alleviate associated symptoms. By administering carefully calibrated doses of testosterone through injections, this therapy helps restore hormonal balance, enhancing physical and mental well-being. With proper balanced testosterone levels you can experience:

- **Increased Energy & Vitality**
- **Improved Muscle Mass & Bone Density**
- **Enhanced Sexual Function**
- **Mood Regulation & Cognitive Function**
- **Overall Well-Being & Longevity**

### *Conclusion*

Low testosterone levels can have a profound impact on a man's quality of life, affecting various aspects of physical, mental, and sexual well-being. Our clinic's testosterone injection therapy offers a transformative solution to restore hormonal balance and revitalize lives. By experiencing increased energy, improved muscle mass, enhanced sexual function, mood regulation, and overall well-being, men can rediscover their full potential and enjoy a healthier, more fulfilling life.

## Hormone Pellet Therapy for Low T

In recent years, hormone pellet therapy has gained popularity as a safe and effective method to address hormonal imbalances in both men and women. At Multi-Care, we are proud to offer hormone pellet therapy specifically tailored for men, helping them regain vitality, improve overall well-being, and enhance their quality of life.

### *Understanding Hormone Pellet Therapy*

Hormone pellet therapy involves the insertion of tiny hormone pellets under the skin, typically in the upper buttocks area. These pellets are composed of bioidentical hormones, which have the same chemical structure as the hormones naturally produced by the body. For men, the primary hormone targeted is testosterone. The pellets slowly release hormones into the bloodstream, maintaining stable hormone levels throughout the day. This differs from other hormone replacement methods, such as injections or pills, which can lead to fluctuating hormone levels and less optimal outcomes.

**Schedule your initial men's health evaluation today: (770) 922-2556**

# Men's Health

## Hormone Pellet Benefits for Men

**Hormonal Balance:** Testosterone is a crucial hormone for men, influencing a wide range of bodily functions, including muscle strength, bone density, energy levels, sexual function, and mood stability. Hormone pellet therapy ensures a consistent supply of testosterone, helping to restore hormonal balance and alleviate the symptoms associated with low testosterone levels.

**Increased Energy & Vitality:** Many men experience fatigue and a decrease in energy as they age, often attributed to declining testosterone levels. Hormone pellet therapy can boost energy levels, enhance stamina, and revitalize overall vitality, allowing men to actively engage in their personal and professional lives.

**Enhanced Sexual Function:** Testosterone plays a vital role in male sexual health, contributing to libido, erectile function, and overall sexual satisfaction. By optimizing testosterone levels, hormone pellet therapy can help men regain their sexual vigor, improve performance, and strengthen intimate relationships.

**Mental & Emotional Well-Being:** Hormone imbalances can lead to mood swings, irritability, anxiety, and even depression. By restoring hormonal equilibrium, hormone pellet therapy can significantly improve mental and emotional well-being, providing men with a renewed sense of emotional stability and an enhanced overall mood.

## Conclusion

At our clinic, we take pride in offering hormone pellet therapy as a transformative solution for men seeking to restore hormonal balance and improve their overall well-being. By addressing the root cause of hormonal imbalances, hormone pellet therapy provides long-lasting benefits, revitalizing energy levels, enhancing sexual function, and boosting mental and emotional well-being. With our experienced medical professionals and personalized approach, we are dedicated to empowering men on their journey to a healthier and more fulfilling life.

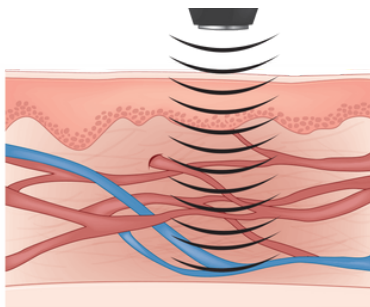


**Schedule your initial men's health evaluation today: (770) 922-2556**

# Men's Health

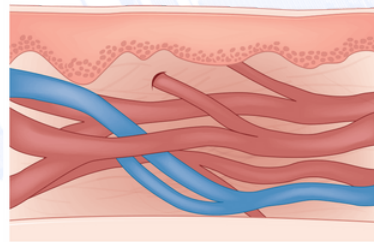
## ShockWave for E.D.

If you're looking for a non-invasive and natural treatment for ED, shockwave therapy may be the right choice for you! ShockWave therapy is a safe and effective solution to increase blood flow to the penis which is the main cause of erectile dysfunction. Studies show it causes new blood vessels to be formed to increase the circulation to help this issue. Additionally, this treatment is easily tolerated by most men with only mild discomfort. Patient's have found this slight discomfort is well worth the result. Our medical doctor is well experienced in men's health and will work with you to create a personalized treatment plan specific to your individual needs.



### **BEFORE**

Thin blood vessels are a major cause of constricted blood flow to the penis. Our low intensity acoustic waves are directly aimed at these blood vessels.



### **AFTER ShockWave**

Our MiracleWave treatment uses low intensity acoustic waves to stimulate the blood vessels which results in thicker & healthier blood vessels for increased blood flow to the penis.



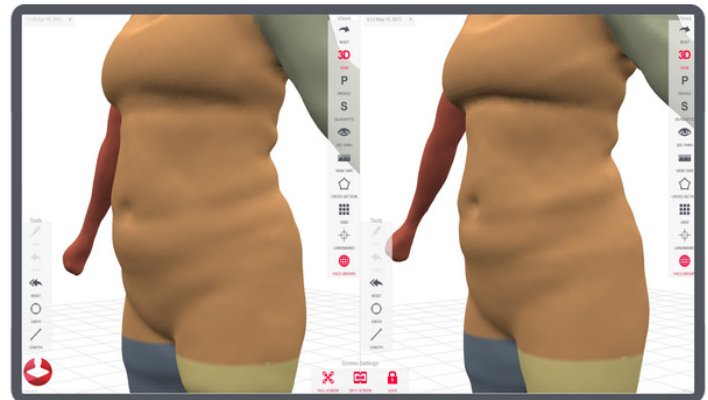
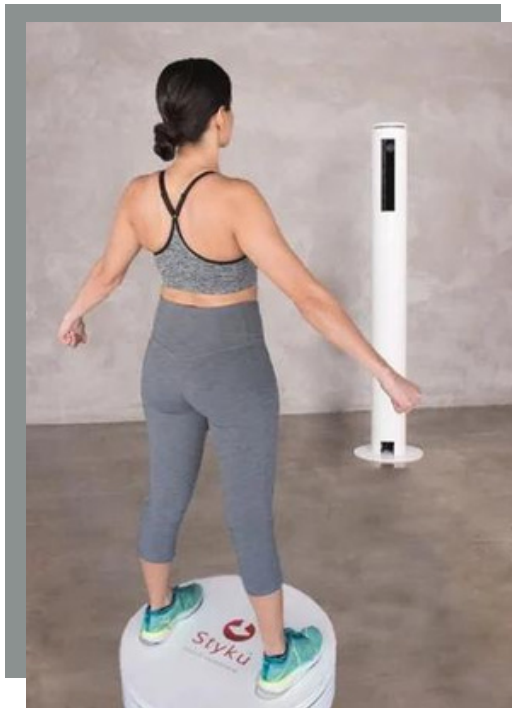
Multi-Care Holistic Health Center is committed to helping men achieve their optimal health and well-being with comprehensive, holistic healthcare services and treatments. Our team is here to answer any questions you may have and help create the perfect personalized plan for you. Get in touch with us today to learn more about how our holistic health center can help promote men's health. We look forward to helping you reach your health goals.

**Schedule your initial men's health evaluation today: (770) 922-2556**

# 3D Body Scan by Styku™

Embarking on a weight loss journey can be both exciting and challenging. At our clinic, we understand the importance of personalized and accurate tracking to help you achieve your goals. That's why we are thrilled to introduce the Styku 3D Body Scanner, a state-of-the-art technology that revolutionizes the way we monitor weight loss progress.

Gone are the days of relying solely on weighing scales and tape measurers. The Styku 3D Body Scanner offers a whole new level of precision and detail. By capturing thousands of data points, this advanced scanner creates a 3D model of your body, providing valuable insights into your body composition as you shed those pounds.



When it comes to weight loss, it's not just about the numbers on the scale. The Styku 3D Body Scanner goes beyond weight and provides a comprehensive analysis of body fat percentage, muscle mass, and other vital metrics. This detailed information allows our healthcare professionals to customize a weight loss plan that addresses your specific needs, ensuring you reach your goals in a healthy and sustainable manner.

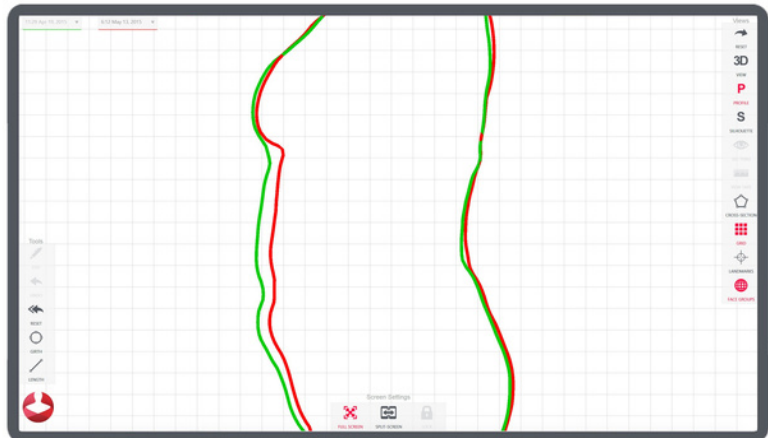
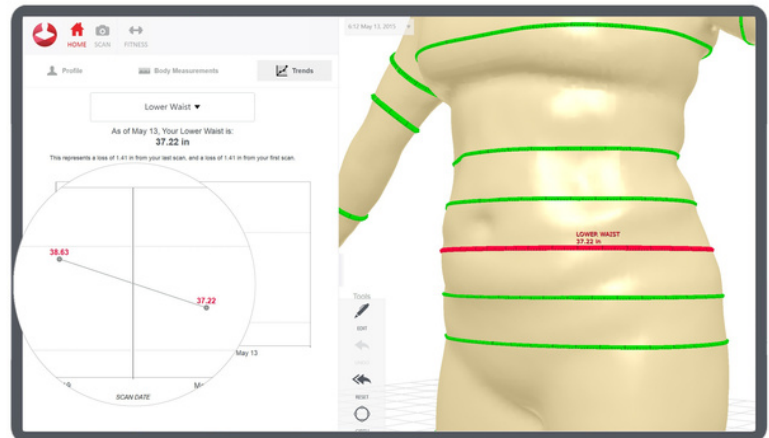
What sets the Styku 3D Body Scanner apart is its ability to visualize your progress in a tangible and interactive way. With each scan, you'll see a side-by-side comparison of your current and previous 3D models, enabling you to witness the physical changes happening within your body. This visual representation acts as a powerful motivator, boosting your confidence and inspiring you to stay committed to your weight loss journey.

# 3D Body Scan by Styku™

Tracking weight loss progress with the Styku 3D Body Scanner is convenient and hassle-free. The scanning process is quick, painless, and non-invasive. Simply step onto the platform, and within seconds, the scanner captures your body's measurements. This efficient process allows us to monitor your progress over time and make any necessary adjustments to your weight loss plan, ensuring optimal results.

In addition to accurate measurements, the Styku 3D Body Scanner also provides a detailed visualization of your body's shape and contours. This information can be particularly beneficial for targeting specific areas and sculpting your body as you progress on your weight loss journey. By identifying changes in body fat distribution and muscle development, our healthcare professionals can tailor exercises and treatments to help you achieve the desired results.

At our clinic, we are committed to providing you with the tools and support you need to succeed in your weight loss goals. The Styku 3D Body Scanner is one such tool that helps us take your weight loss journey to the next level. With its precise measurements, comprehensive analysis, and visual tracking, you can trust that you're receiving the most accurate and personalized care possible.



**Call today to book an appointment for a 3D Body Scan, or you can enjoy this service when you sign up for a weight-loss program! (770) 922-2556**



# Contour Light Body Sculpting

It can be challenging to lose weight, and while a balanced diet and regular exercise can help, many people have trouble spots of fat that don't seem to respond to these strategies.

In the past, intrusive and expensive operations like liposuction were the only option to remove body fat and reach one's goals. The previous several years have seen numerous technical developments in the cosmetics sector, opening the door for new and highly effective procedures and therapies including non-invasive body sculpting. Our patients achieve many inches lost and tighter toned areas that once were stubborn areas of body fat with our Contour Light body sculpting treatments.

## What is *Contour Light* Body Sculpting?

Contour Light Body Sculpting is a LED red light therapy, which uses non-damaging wavelengths of light including infrared light to reach the fat cells and promote a natural healing response that helps drain the contents from the fat cell which are then removed from the body via its natural waste removal systems.

Many areas of stubborn fat can be targeted such as the abdomen, thighs, hips, back, arms, chest (for men) and even under the chin and neck area. At Multi-Care Holistic Health Center we use the FDA cleared Contour Light device that uses patented reflective coated pads that are wrapped around the stubborn fat areas of the body which increase this process due to the light wavelengths bouncing back from the skin and reflecting back into the fat cells. This causes the highest retention of light energy possible compared to any other device that may use this type of technology.

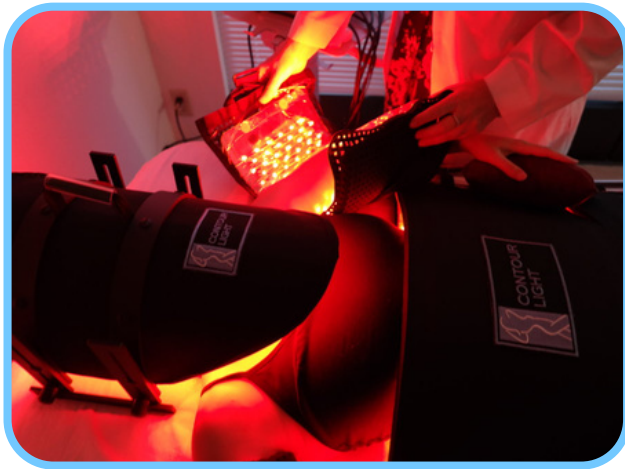


## How Does *Contour Light* Body Sculpting Work?

Contour Light Body Sculpting works by targeting fat cells & causing the cell to "shrink" by draining the contents of the cell where they can be eliminated from the body naturally. At Multi-Care Holistic Health Center, we use the FDA-cleared device Contour Light, which uses LED red light therapy. After the fat cells have been reduced, the waste from the cells are broken down by the body and expelled via the body's waste removal systems. Most patients experience a reduction in the circumference of their targeted areas immediately after their first treatment.







## What are the Benefits of Contour Light Body Sculpting?

**Reduces Fat Cells** – Contour Light is a great way to get rid of stubborn fat deposits that do not respond to diet and exercise. The fat cells are reduced in size by draining the contents of the cell and then removed via the body's lymphatic and excretory systems.

**Fast and Convenient** – Another huge benefit of body sculpting procedures is that they do not require a huge time commitment; many of them can be performed in under an hour.

**No Risks or Side Effects** – Body sculpting procedures such as the Contour Light are safe and effective. There is no pain and no downtime. Many patients state they only feel a warm sensation that is very calming and relaxing. Because there are no incisions made, there is no risk of infection, unlike surgical procedures.

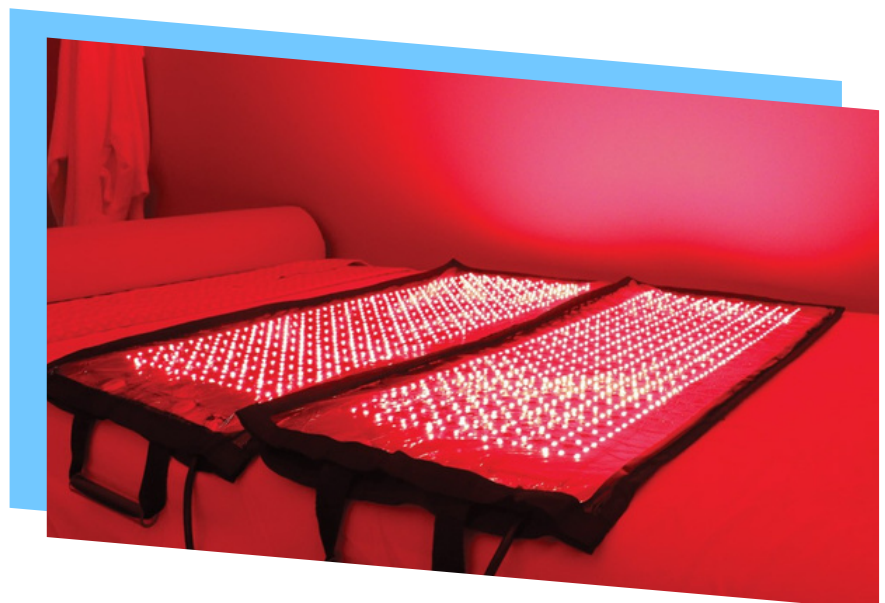
**Long-Term Results** – Most cosmetic treatments produce short-lived results, commonly a few months long. Even procedures that achieve longer-term results do not last nearly as long as body contouring. In fact, with the proper lifestyle changes, the results of a non-invasive body sculpting procedure can last a lifetime.



**Before**

**After**

**Call us to schedule your first treatment: (770) 922-2556**





# Cellulite

At Multi-Care Holistic Health Center, you can achieve firmer, smoother skin by reducing cellulite on the thighs, buttocks, arms & abdominal area. We use non-invasive but highly effective treatments that have no side effects & are virtually painless.

## *Reduce Cellulite, Tighten Skin Laxity and Lose Excess Fat*

Cellulite is described as sagging, dimpled skin or having a "cottage cheese" like appearance. Cellulite is very common, & between 80-90% of women deal with this condition. Men can also have cellulite but only less than 10% experience it.

Cellulite can develop for many reasons such as certain genetic, age, or hormonal and certain lifestyle & dietary factors.

Loose skin & laxity can occur when we age as the body's production of collagen & elastin decreases. Loose skin can be found on thighs, abdomen and arms. It is common after weight loss, cosmetic surgeries or giving birth.

Our non-invasive treatment process uses "ShockWave Therapy" also known as "Acoustic Wave Therapy". This treatment uses waves of acoustic energy upon the skin & breaks down the connective, fibrous walls that trap the fat under the skin in the affected areas that has cellulite.

ShockWave Therapy also stimulates collagen production. It activates your own stem cells for regeneration and healing of tissues. Additionally, it increases circulation & oxygen which also increases blood supply & removes excess fluid from the affected areas.

Many studies have been done that have shown the effectiveness of ShockWave Therapy for cellulite reduction & skin rejuvenation.

## *With ShockWave Therapy for Cellulite, You Will Experience:*

- Reduction of Cellulite
- Smoother Skin
- Skin Tightening
- Skin Elasticity Improvement
- Stem Cell Activation
- Collagen Production
- Fat Reduction
- Loss of Excess Fluid Retention
- Less Wrinkles, Scars, and Stretch Marks
- Decrease of Body Circumference
- ...And More!

*Before* *After*  
*12 Treatments*



# Cellulite

## How Do the Treatments Work?

The treatments are done laying down on a comfortable treatment table, & gel is applied to the treatment area while the technician uses the ShockWave head (a wand like instrument) administered in a patterned movement to the affected area. Treatments generally last 1 hour.

## How Many Treatments Do I Need?

10-12 treatments for the body at 2 times per week. You may need more treatments based on the severity of the condition results desired. Maintenance treatments are only needed 1-2 times per year.

## Are the Treatments Painful?

No pain has been reported. You may experience some mild discomfort, redness or swelling many temporarily occur.



## What are the Contraindications?

- Active Cancer
- Pregnant or Nursing
- Epilepsy
- Current Steroid Treatments (less than 6 weeks)

## Is There Downtime?

No down time or special home care needed.

**Call today to schedule your free consultation,  
& learn more about this treatment:  
(770) 922-2556**





# HYDRO M A S S A G E

## "Massage without the Therapist"

### **The Perfect Compliment to Chiropractic Care**

Compared to traditional, hands-on massage therapy, our 15 minute **HydroMassage** water massage sessions are more convenient, affordable and accessible for all patients.

- Provides temporary relief of minor aches and pains
- Reduces the level of stress and anxiety
- Deep relaxation provides a feeling of well being
- Increases circulation in local areas where massaged
- Relieves muscle soreness, stiffness and tension



**When used together, Massage Therapy and Chiropractic Care extend the health and wellness benefits of each treatment, benefitting the patient in a variety of ways.**

**Walk-Ins Welcome!** Call today to get more information: **(770) 922-2556**

# Multi-Care

Holistic Health Center





## FAQ Page

### *How Do I Get Started as a New Patient?*

Call us to schedule an appointment at **(770) 922-2556**



### *What Happens on my First Visit?*

On most first visits we offer a free consultation so we can learn more about you and you can learn more about Multi-Care. On the free consultation appointment, you will meet with our highly trained Case Manager who will review your health concerns and explain how we can help you. The Case Manager will also answer all your questions and help you get started as a new patient and set up your evaluation with our doctor. We always discuss any fees up front before we start any services. If you have health insurance, we ask that you bring your card with you on your first visit.

### *Does Insurance Cover Holistic Health Care or Weight Loss?*

Health insurance coverage varies depending on the specific policies & plans offered by your insurance company. Our clinic gladly accepts most major health insurance for chiropractic care, allowing patients to receive coverage for services related to musculoskeletal conditions. However, it's important to note that health insurance does not cover services or products related to holistic/functional medicine or weight loss program plans offered by your insurance company.

We encourage patients interested in holistic/functional medicine or weight loss programs to discuss self-payment options with our staff. We offer many payment plan options that will fit into your budget. HSA (Health Savings Account) or FSA (Flexible Spending Account) accounts may cover holistic/functional medicine and weight-loss services. **Contact us for more information at (770) 922-2556.**

### *What Type of Supplements Do You Stock?*

We stock hundreds of different types of supplements from brands like Biotics, BioMatrix, Drucker Labs, Gaia Herbs, Greens First, Integrative Therapeutics, MediHerb, Metagenics, Newton Laboratory, Standard Process and more.



# FAQ Page

## *What is Your 20lb Weight Loss Guarantee?*

If you purchase and follow correctly any of our ChiroThin weight loss programs and you do not lose at least 20lbs in the 6-week period of the program, we will give you another round for free.

## *Where Are You Located?*

in the Honey Creek Medical Complex off of GA-20 South  
**1650 Honey Creek Commons, SE, Suite F, Conyers, GA 30013**



## *What is the Age Range of Your Patients?*

We see all ages

## *What Kind of Chiropractic Adjustments Does Dr. Johnson, DC Perform?*

Dr. Johnson performs many types of chiropractic adjustments such as Manual Spinal Manipulation, Diversified, Thompson and Pro-Adjuster technique.

## *What Forms of Payment Do You Take?*

We take cash, checks, all major credit cards and Care Credit. We also accept health insurance, FSA and HAS accounts for covered services.

## *I Live Out of State; How Can I Become a Patient?*

We have many out of state patients and it depends on what services you are seeing us for would determine the method of how we can help you. We do offer phone consultations and we can mail you any supplements or products that is needed.





# Dr. Thomas Johnson, DC

## **Our Providers**

Dr. Thomas E. Johnson, DC, owner of Multi-Care Holistic Health Center, has been in business in Conyers, Georgia for over 25 years.

In that time, he has successfully treated thousands of patients from Conyers, the surrounding counties, as well as patients from all over the country that come see him specifically. Multi-Care Holistic Health Center uses the best of natural and alternative health healthcare for many conditions including weight loss, joint pain, hormonal imbalances and much more.

The main focus of our clinic is finding the reasons why your body isn't working properly. The holistic approach to healthcare digs deeper than traditional medicine. This is to determine the cause of your health problem as opposed to simply medicating the symptom.

We help patients from babies to seniors. We have seen the easiest cases to the most difficult. We have success stories from hundreds of patients who were told **"nothing can be done"** or **"you'll just have to learn to live with it."** We always offer complimentary consultations for you to come in and see how we can help you. Dr Johnson is very thorough, really takes the time to understand your health history, your symptoms and health concerns. This allows him to properly diagnose and recommend the best treatment options to get you back to health! We are so excited to help you on your journey.





# Dr. Jameelah Gater, MD

## **Our Providers**

Dr. Jameelah Gater, M.D. is a board-certified physician, providing her services at Multi-Care Holistic Health Center. She grew up in the suburbs outside of Detroit, Michigan, & she received both her undergraduate degree and a medical doctorate from the University of Michigan. She completed her Family Medicine Residency at Emory University in Atlanta, Georgia. Dr. Gater, M.D. is currently a Family Medicine Physician with a focus on Integrative and Emergency Medicine.

Being a steadfast advocate for health and wellness prompted Dr. Gater, M.D. to seek additional training in Integrative Medicine. Integrative Medicine is healing-oriented and focuses on the whole person, including their mind, body, and spirit.

In addition to her busy medical practice, Dr. Gater, M.D. enjoys public speaking and educating patients. She currently serves as the resident medical expert on the television show, Lauren Lake's Paternity Court.

Dr. Jameelah enjoys working towards better health with each of her patients by combining conventional medicine with evidence-based complementary and alternative therapies. Dr. Gater, M.D. has received many honors, including Resident of the Year from the Georgia Academy of Family Physicians and the Thomas C. Davies Family Practice Award from the University of Michigan.





# Staff



**Gina Johnson** Administrator



**Mariah Hayes, MA**



**Vickie Sanders**  
Case Manager



**Holly Uhlig** Check-In



**Jill Tuten, MA**



**Leah Howell**  
Patient Care Technician



**Ashley Clotfelter**  
New Patient Coordinator



**Katrina Hickein**  
Patient Care Technician



Thank you so much for putting your trust in us & allowing us to assist you with your healthcare needs.

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# Look & Feel Like YOU Again

## Multi-Care Holistic Health Center





# Patient Testimonials

**One of the best health centers I've ever been to - I've dealt with lower back pain for so long, I took a chance on going to Dr. J, & I do not regret it! The best doctor ever.**

*Matthew Murray*  
**CHIROPRACTIC PATIENT**

**The MiracleWave treatment was a miracle.**

**The FIRST treatment gave me my life back.**

*I had a knee replacement 15 years ago, & I've always had severe pain in that right knee.*

**One treatment relieved me of 95% of the pain.**

*My left knee is bone-on-bone, & the first treatment relieved me of 90% of the pain.*

*I am so thankful for Dr. Johnson because his MiracleWave treatment has changed my life. Thanks, Dr. Johnson.*

*Patricia White*  
**HOLISTIC PATIENT**

**I don't know where I would be without them.**

*I now have alternatives to medications that have side effects that could harm my body.*

*I am listened to, I am cared about, & I am growing toward health.*

*I am no longer dependent on a pill for this & another pill to off set the side effects of the first pill.*

*Please go to Multi-Care Holistic Center.*

*Healing & Health will meet you there.*

*Ayana Hendricks*  
**Holistic Patient**



**"Dr. Johnson & his entire team are courteous, knowledgeable & obsessed with giving quality, customer service.**

**They made me feel like I was the most important patient they've ever had!**

**Dr. Johnson's regimens have changed my life.**

**All medical providers should take a class with Dr. Johnson to learn more about genuine patient care.**

**He is THE BEST!"**

*Sharon Munajj*  
**Holistic Patient**

**Dr. Johnson is a caring provider who wants the best for this clients.**

*I've been a long standing client. I love him & his staff.*

*I've benefited greatly from his advice and treatments.*

*Argartha Russell*  
**HOLISTIC PATIENT**

**"Dr. Johnson is the first doctor I can say I felt truly cares about me."**

*"I'm currently on the weight loss program, & I've lost 19lbs in 4 weeks!*

*Besides my weight loss, Dr Johnson asks the right questions to help me along in other areas in my life.*

**On top of that , the staff is AMAZING . You definitely feel the love from everyone. Highly recommend"**

*Tacara Stubbs*  
**HOLISTIC PATIENT**

We Treat  
the Whole Body  
so You Can  
Have a Whole Life

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**3:00pm - 6:00pm**

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**8:30am - 1:00pm**

**Friday**  
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