



*Spring 2019 Newsletter*

*Schedule your appointment  
today  
605-296-3431*

# New Owners of Ortman Hotel



## New Rates

Twin bed: \$40 + tax

Full bed: \$45 + tax

Queen or 2 Full: \$50 + tax

Whirlpool: \$55 + tax

The new manager of the Ortman Hotel is Dawn Becker. Dawn grew up in rural Marion, SD on a farm. She was exposed to chiropractic treatments her whole life and understands the benefits of treatments. She moved to Canistota when she married her husband Rich 45 years ago. They have 4 children, 12 grandchildren, and 2 step grandchildren. Dawn's hobbies are cooking, gardening, fishing and following her grandchildren in their sporting events. With her great personality and hard work ethic, she will be a great addition to the hotel team.

Dawn is working to implement new ways to operate the hotel including a self-serve towel and linen shelves on 2nd and 3rd floors, and an elevator operator staffed from 7:00 a.m. to 8:00 p.m. Monday-Friday.

Having self serve towels and linens will help keep the hotel rates reasonable as well. We hope to see you soon.

**A group of the Ortman Clinic doctors will be taking over ownership of the Ortman Hotel effective April 12th and immediately reducing room rates. Please call the new manager for room rate information (605) 296-3131. We would like to thank Jamie for his time at the hotel and wish him the best as he will continue to operate the Town N Country hotel and his shuttle service for our patients. If you would like more information about this shuttle service call (605) 291-9133.**



**Dawn Becker  
New Ortman Hotel  
Manager**



**Dr. Doug's  
Nutrition Minute**



# Introducing Our New Detox Supplement!

## DYNAMIC DETOX



Chances are you already know the essential nature of vitamins, minerals, enzymes, fiber, fatty acids and amino acids for supporting your longevity and well-being. Yet, you might not know that lacking any of these nutrients may impair your body's ability to detoxify itself of potentially harmful substances, like PCBs, heavy metals, xenobiotics, and alcohol. Research demonstrates that the nutrients and superfoods found in Dynamic Detox, such as pomegranate, curcumin, silymarin, sesamin and green tea are integral for supporting healthy detoxification processes and immune function.

As such, the benefits of Dynamic Detox supplementation may include:

- \* Supports your body's natural detoxification process
- \* Boosts antioxidant capacity
- \* Supports energy production and vitality
- \* Supports healthy immune and gastrointestinal function
- \* Helps you meet daily micronutrient requirements
- \* includes pomegranate, tumeric and milk thistle extracts as well as MCTs • Zero Sugar.

**How Dynamic Detox works** Dynamic Detox is a clinical-grade food supplement containing a comprehensive spectrum of essential micronutrients, cofactors, fatty acids, amino acids and dietary fiber for supporting healthy detoxification pathways in your body. Dynamic Detox mixes easily, is gluten-free, non-GMO, naturally sweetened and comes in delicious vanilla and chocolate flavors!

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

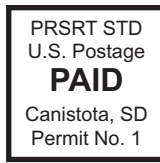
**Check out our website!**  
**[www.ortmanclinic.com](http://www.ortmanclinic.com)**

### NOTICE! Vitamin Orders

You will notice a new label and a new name on many of our products. The product and ingredients will be the same or even improved. Some will have a reduced price. We will be sending these "new" label products on any new orders. We just wanted to let you know to avoid some confusion and phone calls wondering why they look different.







## Great Referrer *Hall of Fame*

Remember how you felt when you walked through our door? Maybe you were at your wits end, tired of seeking answers to a health problem that wouldn't go away. Maybe you believed you would never feel good again.

Using the Ortman Technique, our doctors help return proper nervous system function to promote natural healing. We have received countless testimonials from patients throughout the last 100 years who returned to their desired health.

Our doctors have successfully treated a wide variety of conditions originating in the spine, joints and surrounding muscles and nerves. Conditions we have treated include back and neck pain, migraines, sciatica, pinched nerves and fibromyalgia — to name a few. Patients usually report relief from pain within a few days of their treatment. Specific conditions may require physiotherapies, supportive services or co-management with your medical doctor.

Do you have friends or family who might benefit from our treatments? The greatest gift you can give to them — and us — is the gift of referral. Tell them about your experience and ask them to give us a call. They will receive the same quality and focused care you have experienced.



### BUSINESS HOURS:

Monday .....	8:00 AM - 4:00 PM
Tuesday.....	8:00 AM - 4:00 PM
Wednesday.....	8:00 AM - 4:00 PM
Thursday.....	8:00 AM - 4:00 PM
Friday.....	8:00 AM - 3:00 PM
Saturday.....	Closed
Sunday .....	Closed

### LATE NIGHT HOURS:

Open until 6:30 PM every first, third and fifth Thursday of the month.

### HOLIDAY HOURS:

Open until 10:00 AM every weekday holiday; closed on Christmas.

