



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

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.

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.



Dawn Becker New Ortman Hotel Manager



# **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

### 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.



Many of you are involved with the Spring planting season. There are many things you can do to prepare your body before and after. No matter what type of planting you are doing (crops, flowers, gardens), they all are hard on your body.

## So, what should you do?

You should get a treatment before planting, after planting or even both if possible. The Ortman Technique manipulates the muscles and soft tissues. They then heal and are stronger so your body will be ready for the physical work of planting. If you are not able to make it in for an appointment before the season starts, make sure to use proper stretches, exercise and listen to your body when it needs to rest. To prevent injury or prolonged strain, it is really important to get a treatment afterwards. This will get your body properly aligned and minimize your pain so you can be back on track for summer and the harvest to come.

Be the hero for your body. Call today to schedule your appointment. One of our eight Doctors is waiting to help keep pain away.

Wonder if the Ortman Clinic is right for you?

Our doctors offer free info calls.

Just call (605)296-3431 and one of our doctors would be happy to discuss your options.

# Thank You Wisconsin!



A special thank you to our Wisconsin friends for all the amazing hospitality, fun and support at the Health Talk we had with you on April 4th. There was a great turn out and Drs. Derrick, Todd and Esser answered a lot of questions. It was GREAT! They can't wait to go back!

If you would like to have one of our Health Talks come to your area, please contact Emily at (605) 296-3431.

# Calendar Of Events

**April 19 Ortman Clinic Closes at 10am** 

April 24-27: Kingswood Rummage, Sioux Falls, SD

May 5: Historic Prarie Village Opens, Madison, SD

May 17-19: SD Free Fishing Weekend

June 13-16: Czech Days, Tabor, SD

June 15-16: SD Peach Festival, Sioux Falls, SD

July 4: Ortman Clinic Closes at 11:30am

July 5-21: Laura Ingalls Wilder Pageant, DeSmet, SD

July 11-13: Canistota Sports Days, Canistota, SD

July 27: SD Chislic Festival, Freeman, SD

August 2-11: Sturgis Motorcycle Rally, Sturgis, SD

August 2-10: Sioux Empire Fair, Sioux Falls, SD

August 16-18: Riverboat Days, Yankton, SD



PRSRT STD U.S. Postage PAID

Canistota, SD Permit No. 1



## 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.





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 - 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.

