



# *Desert Wellspring*

The Newsletter of Desert Mountain Health Center, Inc.  
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## **NEW LOCATION, NEW SERVICES!**

We are excited to announce that in January this year our office has moved to a new location – 2330 North Tucson Boulevard, Suite 140. We are a short distance south of Grant Road on Tucson Boulevard.

The new office offers more accessible and plentiful parking spaces. It also provides a more spacious reception area, which we plan to utilize for classes or meetings in the future. We have done our best to minimize odors and chemicals. Although it is a newer building than our previous one, it is not new.

Dr. Martha has been studying and going to seminars again, and has discovered a system that has been developed by a chiropractor in Mesa, Arizona, who is becoming known worldwide for his approach to total wellness. His name is Dr. John Brimhall.

He outlines the six interferences to total wellness, and there are corresponding six steps to total wellness, designed to remove these interferences. True health is only available when all interferences are eliminated.

The Six Interferences to Wellness are:

- Structure (subluxation)
- Nutrition
- Allergies/sensitivities
- Emotions
- Electrical pollution
- Toxins

While there is yet much to learn, Dr. Martha has attended two seminars and is beginning to apply most of these principles in practice. Some patients have already experienced the nutritional health scan for identifying nutritional deficiencies, adrenal stress and electromagnetic stresses, along with the corrections.

We have also been working with toxicities of heavy metals, including homeopathic correction and an exciting new tool, the energy-balancing foot bath!

An exciting new 21<sup>st</sup> century technology is part of these techniques. It is called a low level laser or cold laser. It is being used in the medical community in hospitals to help burn patients heal faster. We are using it to help faster healing and detoxification.

Please come to our Open House and find out more about these techniques. You will find why we are so excited about them!

We still offer pure and experienced NAET (Nambudripad's Allergy Elimination Techniques), just as Dr. Nambudripad teaches. Dr. Martha has found that the best results come when we follow her protocols exactly! She will be attending the yearly

symposium in California this summer, to stay up to date on NAET.

We still offer Network Spinal Analysis as well. Many people really appreciate its gentle and profound ways!

The Meridian Stress Assessment tool is also still available, to measure the body's meridian imbalances and identify remedies that rebalance those energies.

### *The Nutrient Quiz*

🍴 | What major nutrient is our most available source of energy?

(answer at the end of this newsletter ➡)

## **COME CELEBRATE WITH US AT OUR OPEN HOUSE!**

Saturday, March 4<sup>th</sup>, 2006 from 10 am to 4 pm  
At our new office - 2330 N. Tucson Blvd., Suite 140  
On Tucson Blvd., south of the Carpet Store at Grant and Tucson Blvd.

- ✓ Visit our new office
- ✓ Find out about new services
- ✓ Enjoy refreshments
- ✓ Participate in demonstrations
- ✓ Enter a drawing for gift certificates and a Grand Prize

*Along with our new surroundings, we are offering new opportunities for healing!  
Learn about the six interferences which contribute to ill health, along with the six steps to remove them and enjoy renewed health and vitality!*

**Bring a contribution for the Community Food Bank and  
earn more chances to win the Grand Prize!**

➡ Answer to the Nutrient Quiz: **Carbohydrates** are our major source of energy. This is why we seem to crave sweets, such as sugar, which is a very concentrated form of carbohydrate. However, the healthiest sources are whole foods such as fruits and whole grains.