



Lodge Chiropractic and Integrated Wellness

Build your immune System

Studies have shown that chiropractic care designed to relieve stress, pain, and misalignment of the spine improves nerve function and can potentially boost your immune system by 200%. Research shows that stress weakens the immune system: the state of mind affects one's state of health.

Chiropractic adjustments reduce interference to the nervous system's ability to perform optimally. Since the nervous system controls all functions of the body—including the immune system—chiropractic care can have a positive effect on immune function.



Lodge Chiropractic and Integrated Wellness
530 W. Fir Street, Suite A1 | 360-681-2220

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Benefits of Infrared Sauna

Boosted Immune System

Get a jump on cold and flu season by taking a sauna, which increases white blood cells, lymphocytes and neutrophils.

Pain Relief

Saunas are extremely beneficial for muscle and joint pain.

Lowered Inflammation

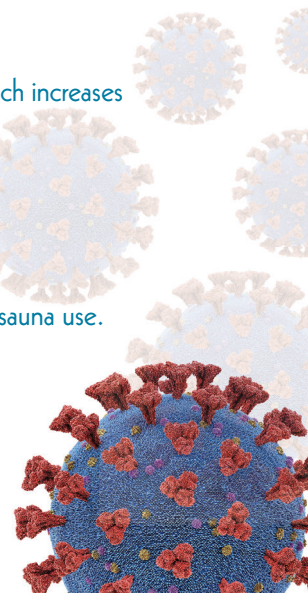
Keep your mind sharp and inflammation low with regular sauna use.

Mood Improvement

According to studies, sauna users report enhanced well being and less depression.

Relaxation

Help your body maintain healthy cortisol levels, relax and de-stress by taking an infrared sauna.



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Regular massages can alleviate your chronic and acute pain, medical issues and improve your overall health without the use of prescription drugs or surgery—especially when combined with routine chiropractic care.

Call one of our exceptional therapists today

Molly Messmer LMT. 360-477-2492
Candis Connelly LMT 360-460-5870
Connie Payne LMT 360-477-2501
Rebecca Davis LMT 360-582-6723
Michelle Peterson LMT 360-461-6805



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Regular Chiropractic Care has Many Benefits:

- Every aspect of your life is better when there is no nerve interference
- Restoring normal mechanics alleviates stress on the discs and surrounding nerves
- Subluxations cause joint stiffness which can lead to further spinal degeneration
- Discontinuing care often leads to recurrence of subluxation and ill health



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