

# **Monthly Contest Rules**

- 1. Write a 250-word email to me on what care you feel you need, why you need it and why you think a natural holistic approach is the best way to serve your needs.**
- 2. Get 2 friends to write me 75-100 words on why they think you need care and how it would benefit you.**
- 3. Come in to the office for a no obligation FREE 15 minute consultation.**

**It is that easy to be entered into the monthly drawing. If you complete the above, then you will be entered the drawing for the next 6 months.**

**What you win is 3 office visits, which includes a 2-hour initial visit and two follow-up visits (valued at \$389). If you are a current patient and you win, you will receive 3 visits.**

**\*\*As I state on my website most patients receive between 1 and 3 supplements each visit. These are not covered by the contest and must be purchased by the patient. Average costs run between \$15 to \$45 per visit.**