



April 2019

Hi {{ contact.FIRSTNAME }},

Well the Milford Clinic is now five days a week and we have a new chiropractor on board!! Both clinics (Ponsonby and Milford) are open every day!! And we have some exciting plans and news.



First and foremost I would like to introduce Kristian. After several years of working overseas with many of the best athletes that Sweden, Norway and the World has to offer, particularly in the field of running and mountaineering, Kristian Bjolstad Nordqvist has returned to New Zealand excited and ready to go. If athletic performance at any level is what you are looking for, he is your guy. As the son of a Chiropractor, a previous top level athlete, and an avid contributor to cutting edge Chiropractic research, Kristian has all the experience and expertise to help you reach your goals.

For this next month I am going to give you an unusual opportunity. Kristian is the new breed of chiropractor and he brings a whole new level of understanding of foot biomechanics and is already dealing with many of New Zealand's top athletes. If you have feet or lower limb (knee or hip) issues then come and see Kristian at half the fee!

He is simply superb and will soon be busy but at present he needs to build a clinic so take advantage now .. believe me you will be impressed!!! That includes your children and even us not so young athletes!

This offer is until the end of May only so do not hesitate!!!

Facebook!!! Keeping up to date and informed is so important these days. Current Chiropractic research is making huge advancements in our understanding of how the brain adapts and changes after an adjustment. At Back in Action we think keeping our patients informed is vital. Facebook – love it or hate it, allows fast real time communication, so if you've not LIKED Back in Action yet head there and click that button. This way not only will you get cutting edge research info; there will be relevant articles on a range of topics and much much more!!

If you are receiving this

And you really don't want to I sincerely apologise. I am sending this out to say that we have extended hours but only out of two clinics: Milford and Ponsonby. We are also offering more in seminars and learnings which is exciting for me. The time has come to follow a few passions in how I practice and to try to practice differently by having night clinics etc. With different seminars coming up I want to not bombard you with advertising but to find out who is interested so we can get in touch with them. For those who just have too much "stuff" in their inbox simply unsubscribe and you will not hear from me again and I wholeheartedly apologise for any inconvenience.



But wait - there is more ... we are absolutely unashamedly trying to make the clinic also a hub of cutting edge information that is available for everyone both online and in practical workshops on site at the clinic.

However we are also at the core providing chiropractic care and if we have not seen you for a while maybe now is a good time to pop in and just get a "tune up". Headaches sore backs feet can often so easily be corrected when your spine is operating optimally. As the expression says "ignore your spinal health and it will go away". We have one spine .. **Look after it and thank you for many many referrals!!!**

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