

BFC NEWSLETTER

March 2025 |



Luck of the Breath: **Silver -vs- Allergies**



BioActive Silver, like the Argentyn 23 brand, has been a trusted ally in natural health for centuries. Used as an antimicrobial since the 1800s, silver has been celebrated for its ability to support the immune system and fight off harmful bacteria and pathogens.

Argentyn 23 leverages the power of bioactive silver to help combat common allergens, soothing irritation and supporting respiratory health. With its natural properties, it's an effective, holistic option to tackle those spring allergies and keep you breathing easier this season.



25% OFF ALL SILVER PRODUCTS

Exciting News

We are now offering **Floor Pilates** hosted by the wonderful Sidney here at BFC!

★ **March 14th & 28th at 11:00am-12:00pm**

Don't miss out on this fantastic opportunity to get some exercise and improve your strength and flexibility! See you there!

Call us to grab your spot!

\$20 for Patients \$25 for Guests



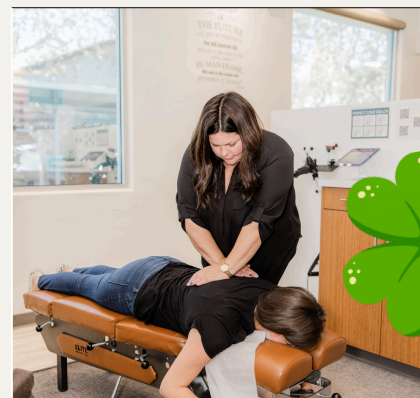
Chiropractic & Allergy Relief

Did you know chiropractic care can help ease seasonal allergies?

Here's how:

1. **Nervous System Boost:** Chiropractic adjustments improve spinal alignment, supporting immune function and better allergy response.
2. **Sinus Drainage:** Neck misalignments can hinder sinus drainage, but adjustments help reduce congestion and improve breathing.
3. **Holistic Relief:** Chiropractic helps your body heal naturally, reducing inflammation and boosting immunity.

This allergy season, consider chiropractic care for a natural, holistic way to feel better!



We're excited to invite you all to our first-ever BFC Family Hike!



When: Sunday, March 9th



Time: 1:00 PM



Where: Hart Park

Come enjoy the sunshine, the beautiful outdoors, and maybe even spot a rainbow! ☀️ We'll all hike together, and who knows? Maybe we'll find the pot of gold along the way!



This is a family-friendly event, so all ages are welcome! Bring the whole crew for a fun day in nature. We can't wait to see you there!

