

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION DR. JEREMY M. GORDON

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Ideal protein weight loss

DRX Spinal Decompression

Chiropractic

Acupuncture

Soleve

IDEAL PROTEIN RECIPE OF THE WEEK:

REFRESHING SUMMER CUCUMBER SPLASH

Sip Super Water: add five mint leaves and 10 thin cucumber slices to a pitcher of water! Mint oil helps flush away complexion-dulling toxins, and vitamins A and C in cucumbers keep skin healthy. A refreshing drink that makes you feel like you're at the spa.

