



Welcome! From the desk of Dr. Emily

This week was a great week!

Close to a decade ago I was starting the animal chiropractic program at Parker and today I start a new chapter as an instructor of the program.

It's so surreal and full circle and amazing and I am stoked about it!

(Plus I'm looking ultra fresh because my incredible hair wizard worked her magic to undo the damage my well water has done to my locks and provide me with my MUCH healthier and better looking hair! 🙌)

And my kids were there to send me off in style with well wishes from their "bye bye corner" 😂🥹

Blessings,
Emily

What's New??



This week included **International Women's Day** and we can't think of anyone more perfect to spotlight than a **VBAC momma**. There is a FIRE 🔥 that is ignited when a woman achieves something that she was told or thought that her body could not do previously. I'm amazed every. single. time. a patient comes in to tell her birth story and the redemption they feel after having a successful VBAC. It's truly intoxicating to the entire room and I'll never get tired of being a part of that experience.

To all the other amazing women, thank you.

Without the incredible support of other great women before me I wouldn't be the woman I am now to turn around and support other women.

It's truly beautiful. 🥰

Read up on some amazing research, benefits, and outcomes of VBAC's with [Mama Natural](#).

Removes toxic elements

*Bacteria

*Heavy metals

*Chlorine

*Fluoride



Berkey Water Purification



Berkey Orders!

We are still taking orders for our bulk Berkey Filtration Systems!
If we are able to place an order of \$2,500, we will get free shipping which is huge savings! Each individual order will be \$60-\$80 in shipping so free shipping is HUGE.

So if you've been on the fence or thinking about getting your very own Berkey system...now is your time for big savings!

Call the office at (817) 592-3292 or email us at info@bridgefamilychiro.com to inquire about the benefits of a filtration system or how to place your order today!

#TastyTuesday



Here's a treat for all you New Mommas and Mom To Bes out there!

Blueberry Oatmeal Lactation Muffins...yumm!

Check out this delicious recipe that not only tastes great but is great for upping your milk supply from [fabhautemama!](http://fabhautemama.com)



Anyone needing more fresh spinach in their day? We sure do! Anyone not have the time to make yourself a smoothie? Well check out these [Make Ahead Green Smoothies!](#) Such a great way to fit in those fresh veggies during your busy day.

Inspiration from Us to You



Ever tried yoga? What about grounding yoga?

Grounding yoga can be a great practice to put into your exercise routine. Grounding yoga can give you a sense of ease and stability throughout the month. When times are busy, uncertain, or stressful, grounding yoga can calm your surroundings and provide you with a sense of security and easement.

[Grounding Yoga by Adriene](#) is a great start!



Prayer Requests

We would love to be in prayer with you and for you and your **family**. Please, if

you have a prayer request, email us at info@bridgefamilychiro.com.

Blessings.

Review Us!

We would love to hear from you!

Click the link below to tell us about your experience.

<http://bit.ly/bridgefamilyreviews>



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Have any questions? (817) 592-3292