

FOR IMMEDIATE RELEASE

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Osseo wellness practitioner empowers individuals to take a revolutionary approach in their healthcare.

October 2, 2009, Osseo, Minn. – Dr. Suzy Holmes of Revolution Chiropractic Wellness Center has an extraordinary way of working with her patients. Empowering patients to become their own personal healthcare advocates, Dr. Holmes provides the education and resources to transform lives. Just take it from Ruthi, a 61-year-old woman diagnosed with breast cancer this past April. With guidance from Dr. Holmes, Ruthi chose a holistic approach to fight her cancer. For example, she alkalized her body by cutting out sugar and flour, as well as integrated more fruits and vegetables into to her diet. She also took supplements to combat xenoestrogens that feed breast cancer. Education and dedication truly paid off. Today, Ruthi's tumor is smaller and less dense. "I feel great and am so glad I didn't choose to use the cutting, burning and poisoning methods commonly used," she explained. Dr. Holmes' event series, **Rev It Up**, is just another path to build awareness and help others, such as Ruthi, who want to take a revolutionary and active role in their healthcare.

Partnering with local businesses such as Fresh & Natural Foods and Fitness Together, as well as offering a chance to win over \$1,000 in prizes, **Rev It Up** is guaranteed to make a statement in the community. With topics ranging from detoxification to nutrition, the fall series is designed to help individuals just like Ruthi realize they are capable of having a voice AND choice in their healthcare decisions. Come and see individuals in the community turn over a new leaf during this four-series' educational retreat. **Rev It Up** will kick off their fall series on Thursday, October 15 at the Osseo Community Center.

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Rev It Up!

Four-part series in October

Osseo Community Center, 415 Central Avenue

\$40/individual (includes book)

\$60/couple (includes book)

\$135/table of 6 (includes three books)

Thursday, October 15, 6:30pm: *Rev Up Your Energy & Shrink your Waistline!*

Thursday, October 22, 6:30pm: *Foods that Rev Up & Heal!*

Saturday, October 24, 9am: *Rev Up Your Body & Mind!*

Thursday, October 29, 6:30pm: *Detoxify & Rev Up Your Health!*

Reservations taken at 763.425.4577 or revolutionwellnesscenter@gmail.com.

About Dr. Suzy Holmes

With a degree from Northwestern Health Sciences University, Dr. Suzy Holmes has an impressive background in Nutritional Healing, Detoxification Therapy, and Corrective Chiropractic Care. Her study of healing New Millennium Disease (Autism, ADHD, Lyme Disease, Fibromyalgia, MS, ALS, Parkinson's Disease) launched her into a national consulting position to fellow chiropractors. With the help of her sister, Dr. Holmes ran the largest Nutrition and Detoxification Center in Chicago. In 2008, she moved back to her native land of the Twin Cities and teamed up with her sister to provide life-saving wellness service to help transform lives of individuals and their families.

Dr. Holmes' approach to healthcare is both preventative and natural, a model that builds strength, self-awareness and confidence.

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