

## **FOR IMMEDIATE RELEASE**

### **Contact:**

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### **Local Wellness Center features Food Inc. to increase awareness on what we're really serving our families at mealtime.**

September 20, 2010, Maple Grove, Minn. – At Revolution Chiropractic Wellness Center, Dr. Suzy believes education and awareness is the key to true health and wellness. By offering a wide array of services and resources, the Wellness Center individually works with patients to empower them to effectively achieve balance and wellbeing. Most importantly, patients learn how the food they eat can be one of the greatest factors to achieving good health.

On Thursday, October 14, Revolution Chiropractic will be hosting Movie Night featuring Food Inc., that portrays how our nation's food supply is controlled by corporations solely for one reason — profit, unfortunately not the consumer's health. An epidemic level of diabetes and obesity, particularly in children, makes it crucial for individuals to understand the truth of what they're actually putting in their bodies and their family's everyday. Dr. Suzy's mission is to build awareness and help individuals who want to take a revolutionary and active role in their healthcare and lifestyle choices. Her hope is that on Thursday, October 14, more individuals will be awakened to the actuality of where our food is coming from and be empowered to make a change.

### **Movie Night! Featuring: Food Inc.**

**Thursday, October 14**

**6:30pm – 8:30pm**

**Maple Grove Community Center, 12951 Weaver Lake Road**

\$3/person(includes popcorn and beverages)

Childcare available for \$5/child.

Reservations taken at 763.425.4577 or [revolutionwellnesscenter@gmail.com](mailto:revolutionwellnesscenter@gmail.com).

(more)

### **About Dr. Suzy Youngquist**

With a degree from Northwestern Health Sciences University, Dr. Suzy Youngquist 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. Youngquist 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. Youngquists' approach to healthcare is both preventative and natural, a model that builds strength, self-awareness and confidence.

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