
SCHILLINGER
CHIROPRACTIC
&
WELLNESS
CENTER

Voted "Best Chiropractic Office" by the Marin Independent Journal

DR. MARK SCHILLINGER, D.C.

Stress Management and Wellness Care

Nutritional Counseling

I have been active in the popularization of natural foods since the 1960s and I'm grateful to see that having a good diet is now widely understood to be necessary in order to experience great health. Before starting chiropractic school in 1979, I worked in a busy health food store in New York, managed a natural foods deli / bakery and was a chef in a gourmet natural food restaurant, both in Santa Cruz.

The popular expression "you are what you eat" means you can only be as healthy as the quality of your diet. The purpose of eating and taking supplements is to acquire the energy you need to effectively handle your mental and physical challenges. In the one hour long sessions with patients we explore these main aspects of an excellent diet:

- *quality of foods being eaten
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- *what time of day foods are eaten
- *if food is being combined properly with other food groups
- *what supplements are taken or need to be taken and which ones are actually necessary
- *does weight need to be lost and, if so, how to do it safely with permanent results
- *how to safely cleanse the colon

Whether you're looking to lose weight or have more energy at the end of the day, I can show you how to do it!

You Do Not Have To Be A Chiropractic Patient To Benefit From This Service