

### WHAT PATIENT SAY

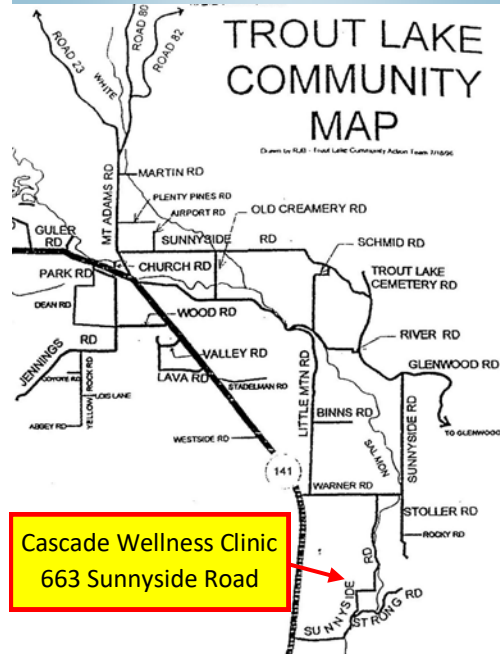
“Dr. Allen’s combination of tools and techniques has provided extended relief. My back no longer hinders my activities.”  
Stan, Trout Lake Retired Pilot

“Dr. Allen uses a special atlas adjusting machine to align my body and swim spa exercise each week that really makes a difference. It is so nice to be able walk around without your back being so sore that you didn't dare move. Thank you.”  
Judy, Glenwood Housewife

I came in with severe lower back pain - I could hardly walk. My body was so unbalanced that I thought it would take forever to get me in good standing but right away with all the treatment, stretches, and massages not to mention the therapy pool helped me so much that I’m back to my normal routine.  
Rosy, Trout Lake Farm Worker

Starting at age eight I have experienced migraine headaches. At times I was incapacitated for days because of them. Over the past ten years that I have been receiving his amazing chiropractic care, he has cured my migraines!!  
Cheryl, Trout Lake Retiree

Dr. Rick Allen has been in family practice for over 30 years using an integrated holistic approach combining chiropractic, massage, nutrition, physical rehabilitation, postural improvement and relaxation techniques to achieve optimum wellness.



See website for more information  
[www.cascadewellnessclinic.com](http://www.cascadewellnessclinic.com)

Call to schedule an appointment  
**(509) 395-0024**

**Dr. Rick Allen, DC**  
**Cascade Wellness Clinic**  
663 Sunnyside Road  
Trout Lake WA 98650  
drrick@cascadewellnessclinic.com  
*Chiropractic, Massage, Nutrition  
& Rehab for the Whole Family*

# CASCADE WELLNESS CLINIC

*Quality Chiropractic  
CARE  
For the Whole Family  
Infants, Children, Youths,  
Adults and Elderly*



*Let's Find the Cause  
of Your Problems  
To Achieve Optimum Health—  
Not Just Pain / Symptom Relief*

**DO YOU NEED HELP WITH?**

Headache and Neck/Back Pain

Motor Vehicle Accidents

Personal Injury—Slip and Fall

Athletic Injury and Rehabilitation

Text Neck / Postural Imbalance

Non-surgical Decompression for  
Spinal Disc Injury

Workplace Ergonomic Evaluation

Overall Wellness for a Long Life

*For best results, Dr. Allen works  
in cooperation with a variety of  
health professionals including  
medical, osteopathic, dental and  
naturopathic doctors; physical,  
occupational and massage  
therapists; acupuncturists,  
nutritionists and, most  
importantly, YOU!*

## SPECIAL TECHNIQUES TO CARE FOR YOUR SPECIFIC INDIVIDUAL NEEDS

**C**

**CLEAR OUT THE CAUSES**

Over time and with injury, the body accumulates waste that needs to be cleaned out. Enzymes, hydrotherapy and changes in food choices help detoxify the body.

**A**

**ALIGN THE BODY WITH ADJUSTMENTS**

Chiropractic adjustments help align the bones and joints of the body. Dr. Allen checks for problems from the feet to the top of the spine, looking for imbalance and restrictions. See his web site for details about the specific techniques.

**R**

**RELEASE THE RESTRICTIONS**

Connective tissue surrounding muscles, organs and wrapping the whole body may develop adhesions that make movement difficult and painful. Dr. Allen releases these myofascial adhesions to help restore normal motion and make chiropractic adjustments easier and longer-lasting.

**E**

**ENERGIZE THE BODY TO ENJOY LIFE**

Using good nutrition, relaxation techniques and exercise, Dr. Allen helps restore your healthy energy naturally.

***TOGETHER, WE MAKE THIS A MISSION *IMPOSSIBLE!****