

Dr. Rick Bittner is an expert at adjusting the vertebrae in your neck, back and pelvis to their correct position. Our care plans allow your body to heal itself, often leading to a complete resolution of the problem without drugs or surgery. We are your allies in the future of your health and your health care.

Able Chiropractic

2407 W. Main St., #102 • Bozeman, Montana

Greetings from Able Chiropractic! Let's resolve to stay healthy this winter. Why not make it a priority to keep your body and skeletal alignment in tip-top shape with **REGULAR CHIROPRACTIC ADJUSTMENTS**. And how about some stress-relieving **MASSAGE THERAPY**? Our therapists are here and ready to serve you.

Our **WINTER SPECIALS** include our ever-popular **TWO-FOR ONE ADJUSTMENTS**, through March 15th. Come in for yourself and your spouse, child, or even a friend will get a **FREE** adjustment. Also through March 15th, take **\$10 OFF** our **MASSAGES**, and get all **GIFT CERTIFICATES** at **\$10 OFF**. Did you know we offer **PEMF Therapy**? We host quarterly **Thermography**, too! Turn the page and find out more.

While you're here, take a look at our wide variety of *Metagenics* supplements, CBD products, analgesics, *Lifewave* stem-cell therapy patches, pillows, Methylene Blue, and more... Visit AbleChiro.com for more details.

Try Amazing Methylene Blue (MB)!

Available at Able Chiropractic

Cellular-Energy Booster, Antioxidant, Anti-Inflammatory, Enhancing Cognitive Function, Brain & Mood, Anti-Aging Agent, Oxygen Transporter...

In his recent *YouTube* video titled [Methylene Blue Revisited](#), Dr. Tom Rogers ("The Common Sense MD"), notes that MB is perhaps the oldest modern medicine that there is. It was first discovered as a textile dye in 1876. But when used as a stain under the microscope, they discovered it killed a parasite named *plasmodium*, which causes malaria. They also saw it killed harmful bacteria and viruses.

Every ER doctor has some on hand because it immediately reverses carbon monoxide poisoning and also cyanide poisoning, (and other chemical

poisonings), given in an IV for these applications. It also treats and prevents recurring urinary tract infections.

MB improves energy by increasing mitochondrial respiration. Dr. Rogers started using it for long-haul COVID, noting that it quickly crossed the blood-brain barrier, making it a star player in neurological health, in treating Alzheimer's and dementia, and immediately improving brain fog. ***And the list goes on... !***



INSIDE: METHYLENE BLUE • PEMF • THERMOGRAPHY • KETO & FASTING • SPECIALS

TRY PEMF—The Good EMFs!

Available at Able Chiropractic

Pulsed Electromagnetic Therapy is revolutionary medicine especially for pain management. —Dr. Oz

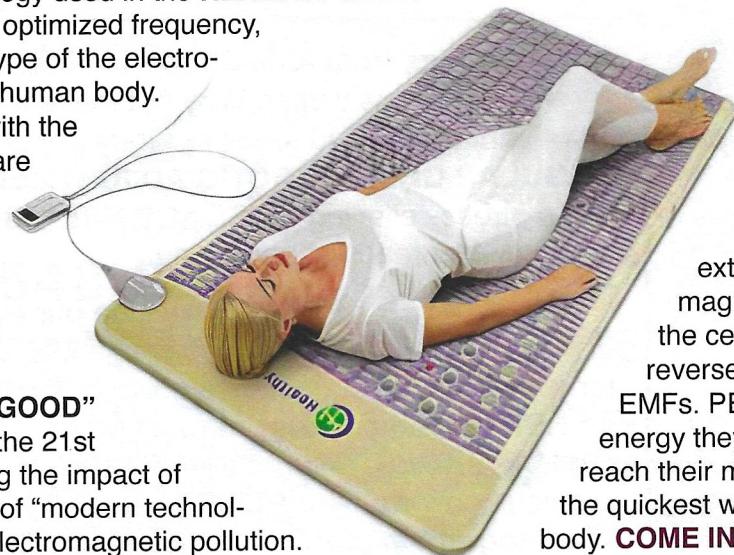


HEALTHY WAVE

www.HealthyWaveMat.com

The PEMF technology used in the **HEALTHY WAVE MAT** is based on optimized frequency, intensity, and wave type of the electromagnetic field of the human body. It works in synergy with the other therapies that are part of the mat's design: Far Infrared Therapy, Negative Ion Therapy, Photon Therapy, and Crystal Therapy.

Humans need “GOOD” magnetic fields! In the 21st Century, we’re feeling the impact of the many incursions of “modern technology” and too much electromagnetic pollution. Today, our bodies have been bombarded with too

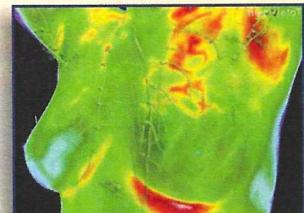


many unnatural and harmful EMFs, within which we are unable to properly function (from cellphones, microwaves, WIFI routers, etc.), and which is making us unhealthy.

PEMF therapy is based on extremely low, pulsed electromagnetic fields. These stimulate the cells' magnetic fields to actually reverse damage caused by “BAD” EMFs. PEMFs charge our cells with the energy they are designed to operate at to reach their maximum potential. It is one of the quickest ways to reverse damage in the body. **COME IN AND GET CHARGED UP TODAY!** ■

Consider Thermography A Radiation-Free Alternative (or Addition) to Mammograms

Hosted quarterly at Able Chiropractic



Thermography helps in developing a targeted treatment plan specific to individual needs. The visual evidence helps to educate and motivate the patient. It is noninvasive. It doesn't emit any radiation. Thermography serves as an additional diagnostic tool for

many conditions. Breast cancer thermography is a helpful addition to breast-cancer screening tests. The written report tells you what the thermal patterns in your study mean, what the key areas of focus are, and what the treatment plan should be. ■

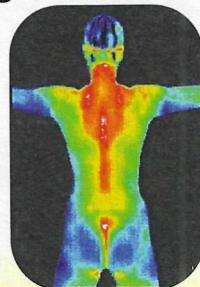
Breast To Full-Body Screening Thermography—To Detect Early Changes

- No Body Contact
- FDA Registered
- Low-Cost
- Radiation-Free

FREE CONSULTATION!

406-671-9433
Mobile Services

ThermographyOfMontana.com



Thermography Center of Montana

Thermography is done with an infrared camera that detects subtle temperature differences. Abnormalities can indicate developing pathology, including breast disease, with earlier diagnosis and better treatments.

Billings • Bozeman • Helena • Great Falls • Missoula • Kalispell

Connie Bargen has over 5 years as a Certified Thermographer. Office in Billings, with quarterly, mobile clinics in Bozeman and Helena. Thermography Center of Montana has been serving men & women of Montana for 15 years.



The KETO DIET with Intermittent Fasting

Synergistic Benefits for Metabolic Health

The Ketogenic Diet is a high-fat, moderate-protein, and very low-carbohydrate dietary approach designed to shift the body's primary fuel source from glucose to fat. By drastically reducing carbohydrate intake (typically below 20–50 grams per day), the body enters a metabolic state called **ketosis**, where it produces **ketones** from fat to fuel cells instead of relying on glucose. The diet emphasizes healthy fats (e.g., avocado, coconut oil, grass-fed meats), moderate high-quality protein, and non-starchy vegetables while eliminating grains, sugars, and processed foods.

Intermittent Fasting, on the other hand, involves cycling between periods of eating and fasting, such as the popular 16:8 method (a 16-hour fasting window with an 8-hour eating window). This practice enhances metabolic flexibility by depleting glycogen stores and promoting fat oxidation. When combined with the keto diet, intermittent fasting accelerates and deepens ketosis, leading to amplified health benefits.

Benefits of Combining Keto & Intermittent Fasting

- 1) Enhanced fat burning and weight loss
- 2) Improved insulin sensitivity and blood-sugar control
- 3) Autophagy (a vital cellular process where cells break down and recycle their own damaged or unnecessary components) and cellular repair
- 4) Cancer prevention and metabolic therapy (boosting normal cells while starving cancer cells, which rely heavily on glucose).
- 5) Hormonal balance and longevity

Start with 3 meals/day.

6–8 oz. protein w/ each meal	
3–4 eggs	1 egg = 5g
3 oz beef	6 oz = 16g
3 oz salmon	6 oz = 22g
3 oz chicken	6 oz = 21g



20–40g fat w/ each meal

2T coconut oil	28g
3 oz brie Cheese	28g
3T almond butter	30g
15 pecans	30g
1 avocado	16g

8+ cups vegetables per day

Cruciferous: Cauliflower, Brussels sprouts, kale, broccoli, bok choy, turnip, rutabaga, radish, etc.

Greens: Spinach, beet greens, lettuce, swiss chard, endive, celery, cilantro, all peppers, etc.

Add Important Nutrients:

Vitamin C: Bell peppers (esp. green), sauerkraut (1/2 cup)

Omega 3s:

Salmon, fatty fish

Vitamin B1:

Sunflower seeds, pork, edible yeast

Vitamin K &

Magnesium:

10 cups leafy vegetables, avocado, beet greens

Iodine: Seafood, sea kelp

Iron: Red meat, organ meats

Phytonutrients: Sprouts (esp. broccoli sprouts)

Add Lemon-Juice and Apple-Cider Drink to help to metabolize the increase in fat intake:

- ▲ 1+C water
- ▲ 2T apple cider vinegar
- ▲ 1T lemon juice
- ▲ 1T cranberry, cherry or pomegranate juice
- ▲ Add ginger to taste if desired
- ▲ Drink before meals or as desired

Practical Implementation & Helpful Tips

- Start with a standard ketogenic diet (75% fat, 20% protein, 5% carbs) before integrating fasting. Begin fasting by skipping 3 meals, then move to two meals per day within 6–12 hours.
- Gradually extend fasting window (e.g., from 12 to 18 hours of fasting) to avoid "keto flu" symptoms like fatigue.
- Prioritize nutrient-dense foods (e.g., leafy greens, MCT oil, wild-caught fish) to avoid deficiencies.
- Monitor ketone levels (using blood or breath analyzers) to ensure metabolic flexibility.
- Measure your body, not necessarily your weight.
- Gout symptoms are possible (joint pain, swelling, etc.). They will pass.
- Don't overeat.

Enjoy! —Dr. B



Dr. Rick Bittner is a graduate of Northwestern Health Science University and the owner of Able Chiropractic, located at 2407 W. Main Street, #102, in Bozeman. Call 406-548-8822 for an appointment—or just drop in! Visit: AbleChiro.com. Email: theablechiro@gmail.com



CHIROPRACTIC

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~~~ HOURS ~~~

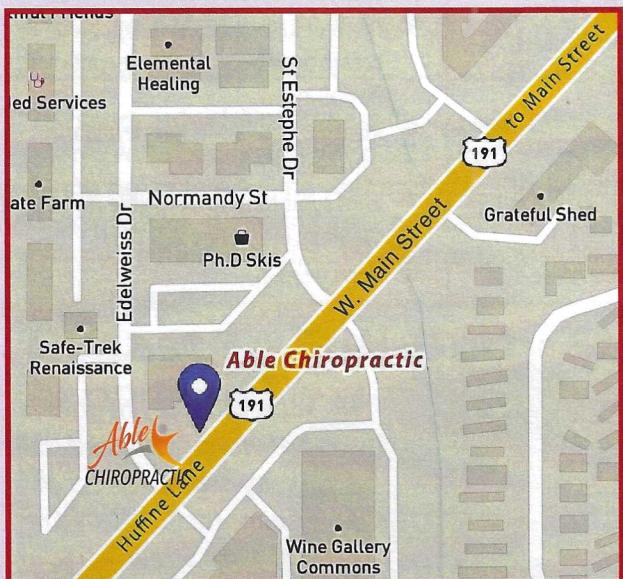
Mon • Wed • Fri: 9–6

Tues & Thurs: 1–7

Walk-ins Welcome!

Massage by Appointment

Please contact us with any questions, comments, or scheduling inquiries.



2407 W. Main St., #102 (Huffine Ln.)
Bozeman, Montana
(Across parking lot from PhD Skis)

AFFORDABLE CARE FOR THE WHOLE FAMILY!

BASIC CHIROPRACTIC VISIT:

Our chiropractor corrects spinal misalignments to help your loved one's manage: Headaches, low-back pain, sciatica, muscle tension, and neck pain. We also offer prenatal adjustments. Contact Able Chiropractic to learn more.

MASSAGE THERAPY: 60 or 90 MINUTES

- Reduces stress and increase relaxation
- Reduces pain, muscle soreness and tension
- Improves circulation, energy and alertness
- Lowers heart rate and blood pressure

Accelerate your healing by combining massage with a chiropractic treatment plan!



WINTER '26 **SPECIALS**

through March 15th

- * **TWO-FOR-ONE CHIROPRACTIC-CARE ADJUSTMENTS**
- * **\$10 OFF—MASSAGE THERAPY**
- * **\$10 OFF—ALL GIFT CERTIFICATES**

Visit Us at *Able Chiropractic* today!