



ANIMA WELLNESS

June 28, 2010

Friends,

I'm delighted to introduce you to my new associates, two excellent doctors of chiropractic who share my passion for and commitment to health and wellness.

As an Anima Wellness client, **you are entitled to the following EXCLUSIVE OFFER:**

- **\$20 initial examination**
- **\$20 X-ray per area as needed**
- **\$20 First Treatment**

About Dr. Michael Toyooka and Dr. Chris Piianaia:

Dr Michael Toyooka was born and raised on Oahu. He attended Mid-Pacific Institute ('89), Creighton University ('93), and completed his education at Life Chiropractic College West ('98).

Dr Chris Piianaia was also born and raised on Oahu. He attended Kamehameha Schools then Kaimuki High School ('88) and Graduated from Life Chiropractic College West ('99).

Dr Michael Toyooka and Dr Chris Piianaia have been practicing chiropractic in the Kaimuki Shopping Center since 2000. Although both are chiropractors with the same goal of correcting spinal misalignments, removing pain, and improving a person's quality of life, their techniques are quite different.

Dr Piianaia uses **the Diversified Technique**, which is considered to be the advanced and modernized form of "traditional" chiropractic.

Dr Toyooka, on the other had, uses **the Activator Technique**, which incorporates a low force hand-held device to treat patients.

Our clinic has been providing quality chiropractic health care with more than 20 years of combined experience. Our scientific approach and natural solutions for many common health issues have improved the lives of many Hawaii residents. Our healthcare services gentle, safe, specific, and are tailored to the needs of each unique patient.

Our services include a holistic approach based on sound medical knowledge. We specialize in non-surgical orthopedics, pain management, massage therapy, and physical rehabilitation. We specialize in healing injuries caused by automobile accidents, sports injuries, and workplace injuries. We can help reverse the effects of injuries caused by repetitive motion, poor posture, and poor lifting habits. At the Chiropractic & Massage Center, we believe in promoting wellness through injury prevention and health maintenance.

To your health,

Nancy Nino
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