

LEARN HOW WE CAN HELP YOU  
*Look, Feel and BE Fantastic!*



# GREETINGS FROM *Dr. John Friedrichs, DC*



## What is Your Purpose?

It is my belief that every person should have a Purpose for living. Who are YOU? What do you stand for as a human being? As I introduce myself to you and the health care which I so proudly deliver, I wish for you to know my Purpose for living.

*My purpose* is to enjoy the gift of life God gave me by being generous, loving, caring, considerate, happy, energetic, honest, kind, compassionate and motivated. To share the love of life and my time on earth with the people whom I love and who love me. I want to put a smile on everyone who comes my way and send a blessing of faith their way. Integrity, character, loyalty, honesty and love are symbols of my life.

*My purpose* is to be the best father, son, brother, uncle, companion, doctor and friend for all who know me and to be remembered as one who is kind, considerate, loving and happy with life. I will share the dream with my daughters and encourage both to own it themselves through the joy of living through Christ. Show my love for both in ways more powerful than words. Teach my daughters the power of spiritual prayer, meditation and solitude..

*My purpose* is to help as many people as I can enjoy optimal health to the best of my ability through the health care services I provide. To share my knowledge of health and wellness with those who are interested in enjoying a healthier lifestyle. Educate the masses in a wellness model of health for an optimal living experience through Healthy Educated Choices. I will empower those searching for health to find it within.

*-Dr. John Friedrichs  
father. Son. Uncle. Brother.  
Companion. Doctor. and friend*

## *Credentials*

Bachelor of Science -  
University of Wisconsin  
Whitewater

Doctorate - Cleveland  
Chiropractic University

State and National  
Board Certified

State of Wisconsin  
Nutrition Certified

# Our Services



## Injectables

Directed by our Nurse Practitioner and our Registered Nurse, we offer Jeuveau® - an injectable treatment to improve the appearance of moderate to severe frown lines in adults by temporarily preventing your nerves from telling your facial muscles to flex. Other injectable services include Fillers, Vitamin shots.

In clinical trials, Jeuveau® was shown to temporarily improve the appearance of moderate to severe frown lines. In US studies, 68% and 70% of Jeuveau® patients had a 2-grade or better physician and patient-rated improvement in frown lines at Day 30. But that's not all. In a study conducted in Europe and Canada, 54% of patients had visible results as early as 2 days after treatment.\* And at 5 months after treatment, 38% of patients had visible results with Jeuveau®.



## Medical Weight Loss Injections

FDA-approved medical weight loss injections (MWLI) are designed for long-term use and a flexible eating structure. They target blood sugar metabolism and help you feel full longer. Typical MWLI treatment is a minimum of three months to a year. Results are clinically proven. As with any medical treatment, MWLI's must be prescribed by a medical professional. Our Nurse Practitioner will meet with you to determine if this weight loss treatment is an option.



## Vitamin IV Drip

A vitamin drip is a medical treatment in which you receive vitamins via a small tube inserted into a vein (IV). Treatment can last anywhere between 20 minutes to an hour and may need to be repeated frequently. The safe administration of a vitamin drip requires our registered nurse to assist. There are many IV drip formulas to assist in improving health and wellness. Inquire within to learn what is currently available from WellConsulted.



## Health and Wellness Coaching

All our Wellness Coaches are certified and trained to assist you in restoring and improving your daily eating habits. We will help you develop strategies that work with your schedule, habits and budget while keeping it simple and effective to get you the results you seek – health and wellness.

Seeking counsel in developing a healthy lifestyle is the first step to restoring your health. Accepting the guidance from knowledgeable and Certified Wellness Coaches and following the program and recommendations is the second step. Consistency is the final step, and the reward is a body that functions as it was meant to – optimally.



## Spinal Care

Spinal structural integrity is the foundation of Wisconsin Spinal Rehabilitation Center. Whether it is located in your upper, middle, or lower back, most people will experience some form of back pain in their life. In fact, an estimated 32 million Americans are currently suffering with back pain at this moment. Back pain has become the #1 cause of disability in the United States and is quickly becoming a major concern for many people. Maintaining health spinal alignment and motion is key to optimal spinal health for a lifetime.



## Doctor Directed Weight Loss

With over 30 years of health and wellness discovery, practice and direction, Dr. Friedrichs has genuinely created a holistic approach to losing weight while improving your intestinal immunity. Utilizing many of the services Dr. Friedrichs offers, our clients are able to restore health, wellness, vitality and a passion for living optimally.



## Spinal Decompression Therapy

Cervical and Lumbar Spinal Decompression Therapy with the DOC Spinal Decompression helps with herniated discs, degenerative discs, sciatic pain, bulging discs, arthritis, stenosis and more.

Before the DOC Spinal Decompression, individuals suffering from herniated discs and other disc conditions usually have been given pain medications, encouraged to abstain from physical activities, recommended for physical therapy, and if the symptoms continued or progressed patients typically have been sent for spinal surgery. With Dr. Friedrichs' five step decompression protocol, patients have eliminated surgical thoughts and revived their enthusiasm for life with a healthy spine.



## Contour Light Therapy

FDA Cleared Contour light delivers LED based energy in a 635nm and 880nm wavelength. Light Therapy originally developed as an adjunct treatment to liposuction. The technology has been used safely in the medical community for over 40 years. The Contour light opens the fat cells, liquefying the fat and allowing the fat to exit the cell. As a result, the fat cells shrink revealing noticeable results immediately. Lose up to six inches on your first visit. Amazingly safe and effective technology.



## Functional Medicine - Digestive Disorders

A functional medicine practitioner works holistically, considering the full picture of your physical, mental, emotional, and sometimes even spiritual health. They consider factors like diet, genetics, hormonal changes, prescription and over the counter medications, and other lifestyle components. Our functional medicine practitioner has a focus on digestive illness and holistic restoration.



## Nutritional Consulting

Are you struggling with fatigue, headaches, unresolved gastro-intestinal issues? Do you suffer from insomnia? We deliver precise nutritional recommendations and deliver a custom blueprint for you to follow. We do not cover up your symptoms with drugs. We do not suppress your symptoms. We correct the nutritional issue that may be limiting your body from achieving its full potential with optimal nutritional therapy.



## Nutritional Supplements

Providing Doctor directed holistic nutritional supplementation to assist your bodily function rather than attempt to treat conditions. Assuring quality supplementation with a quality nutritional company is a necessity. Utilizing quality GMP approved supplements goes a long way in cellular health and function. Appropriate supplements are vital today.



## Knee Pain Therapy

Knee pain can be caused by a sudden injury, an overuse injury, or by an underlying condition, such as arthritis. Treatment will vary depending on the cause. Symptoms of knee injury can include pain, swelling, and stiffness. Dr. Friedrichs has developed a home care daily knee treatment protocol utilizing specific nutrition and concentrated FDA cleared Light Therapy for pain reduction. Hyaluronic Acid injections are an option offered to reduce symptoms as well.



## Peripheral Neuropathy

We offer a natural - holistic approach to treating peripheral neuropathy. FDA cleared infra-red light therapy boots along with Dr. Friedrichs' specific nutrition protocol has been proven to improve symptoms of peripheral neuropathy. We get to the cause of peripheral neuropathy and assist your body in relieving the terrible pain caused by peripheral neuropathy with our proven holistic neuropathy relief program.



## Second Opinion Spine Care

In the interest of long term health and wellness, we have developed a second opinion opportunity for you, the individual, to submit your MRIs or X-rays to Dr. Friedrichs and other health consultants. We will then provide you with a non-biased opinion for care of your current ailment that may help you enjoy life to its fullest once again. All from the convenience of your home. Get your Second Opinion from Wisconsin Spinal Rehabilitation Center and Dr. Friedrichs and his team.



## OrganoGold Coffee\*

Why choose OrganoGold for your daily coffee experience? What makes OrganoGold products so special? Simply, it's Ganoderma; the gold behind ORGANO. Ganoderma is an herb staple used in Asia and is gaining notoriety in the Westernworld. Ganoderma – The powerhouse of mushrooms, has been used for over 2,000 years for its ability to support a healthy immune system because it helps support the growth of your body's own active immune system cells.



## Evoke by Inmode

Evoke is an innovative, non-invasive solution designed specifically to target facial tissue. It is a quick and easy non-surgical alternative to remodel your face, chin, and jawline. Treatments are customized and tailored to address your specific needs so the end result is a natural younger looking appearance without downtime.

# Testimonials

“ I am so pleased with my results! I've lost 16lbs, went from 37% body fat to 28%, my BMI dropped from 26.3 to 23.6. From the 'overweight' range to 'healthy'! My losses are amazing, but what I've gained through the coaching sessions with Valarie is so much more valuable. She taught me so much about my body and the food that I put into it. I am so grateful to Valarie and WellConsulted for giving me the tools to lead a long, healthy life.” - Christine H.

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“ The lights and coaching were an amazing way to jump-start my weight loss journey. Not only did I lose inches so that my clothes fit better, I also learned important health lessons that will allow me to lose weight and reach my ultimate goal and keep the weight off. My view on my health journey has a more positive outlook. I was given all the tools necessary to succeed long term.” - Caryle B.

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“ Contour Light Therapy was a great way to boost my summer weight loss goal. I lost over 16 inches in 8 sessions. I would definitely recommend this for anyone looking to lose inches without invasive treatments.” - Renae R.

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“ The spinal decompression treatment provided by Dr. Friedrichs has enabled me to be pain-free. Before starting the DOC Spinal Decompression program, my pain level was at 8 of 10 - now I'm at a zero of 10. I recommended this program to a friend and she too is now completing her treatment with Southern Lakes Spine Center. I have spoken to several others as well. I feel this is an excellent program.” - Sharon K.

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“ Dr. Friedrichs and his staff put me at ease throughout the entire process and their commitment to quality patient care is second to none.” - Rick E.

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“ I was headed for cervical fusion on 2 levels due to herniated discs pressing on my spinal cord. I was losing my balance, tripping, light headed and my vision was blurred. I had numbness and pain in all four extremities. I am so grateful for the wonderful care received at Southern Lakes and for such a great invention.” - Char W.

*We can't wait to meet you!*

# GET IN TOUCH



Dr. John and his daughters

*My wish for you and your family is Health, Wellness and Joy beyond expression while enjoying a vibrant and holistic life with your loved ones.*

*Be Well, Dr. John*

*Let's Get in Touch!*

## CONTACT



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