

Center for Alternative Primary Care

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Sign Up For The “Wellness Minute”

Each week you will receive an email with a short 3 - 5 minute video on various nutritional topics. Watch the Wellness Minute each week for information on how Dr. Cosgrove can help you improve your health and lifestyle with natural therapies!

Sample Wellness Minute Topics

- Simple Ways to Improve Your Immune System
- Anxiety and Stress Relief
- Natural Relief for Allergies
- Should I consider a Detox?
- Managing Blood Sugar
- The Secret Cause of Your “Chronic” Pain
- Feeling Sluggish after a Meal?

To register Just fill in your name and email address below and we'll start sending you the FREE Wellness Minute via email once a week. You can always unsubscribe later if you wish.

Please start emailing me the weekly Wellness Minute

Doctor Name _____

Patient's Name _____

Patient's Email _____