

## Exciting Events!

The Washington, MO  
store is now open.

It is located next to Tri-Fitness at  
537A E Fifth Street.

We will be open Monday thru Saturday  
9am-6pm.

The phone number to reach us is  
636-390-8777.

In honor of this store opening we will be  
combining it with our yearly  
Customer Appreciation Sale.

The sale will take place at Washington  
and St. Clair on Saturday, March 7, 2009  
from 9am-6pm at both locations.

The sale will be **30% off\***

everything in both stores!

No special orders, rainchecks, holds,  
mailorders, discounts or other  
sales/coupons will be honored due to the  
deep discount of the sale.

Please visit early for best selection.

We will also have free samples, drawings  
and information available for our  
customers at both locations.

*\*bulk herbs, clearance items, classes and  
therapies are excluded from the sale.*

# March 2009 Newsletter



## Find out your Cardiovascular Age!

Mary Jane & Charlie McCoy, certified DPA  
technicians will be here to conduct vascular health  
screenings using the Digital Pulsewave Analyzer.

The Digital Pulsewave Analyzer (DPA) provides  
information on arterial wall stiffness and  
determines the biological age of arteries in less  
than 3 minutes. This FDA cleared, user-friendly,  
non-invasive device uses a finger probe to observe  
the changes in pressure, blood flow, velocity and  
profile throughout the whole pulse wave.

FDA Cleared-Non-Invasive-No Blood-No  
Pain-Takes a Snapshot of your Arterial Elasticity

### Tests

1. Heart Rate
2. Artery flexibility
3. Left Ventricle Ejection Level
4. Hydration Levels
5. Peripheral Circulatory Disturbance
6. Overall cardiovascular health

**Saturday-March 21, 2009-10am to 2pm**

St. Clair Location Only!

**Screening cost only-\$30.00**

Normal fee-\$160-\$180 in doctor's office

Call today to schedule 636-629-7776

Classes coming to Washington, MO!

Starting Spring/Summer 2009

We will be holding FREE  
informational classes in Washington  
for our customers.

Watch your newsletter and our  
website for details!

[www.rootdiggination.com](http://www.rootdiggination.com)

*Tri-Fitness Members*

Save 10% off everyday at the  
Washington store on your entire  
purchase!

Join us Saturday, April 25, 2009  
at the ECC Holistic Health Fair  
in Union, MO.

The expo will be from 10am-3pm at  
the college.

We will have a booth and Tracie  
will also be giving a lecture on  
Natural Health that day.

This is a great way to find other  
Natural Health retailers and  
practitioners in the area.

We hope to see you there!