

## Ribbon Cuttings Creating new jobs, stronger economy



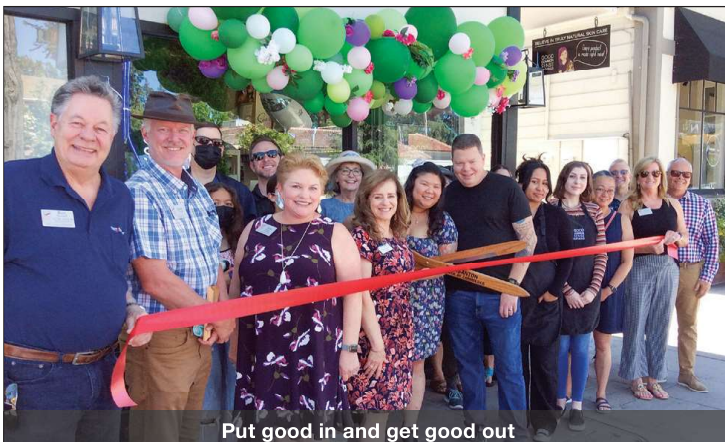
Let us help you find your dream home

**Better Homes and Gardens Real Estate - Reliance Partners** — Better Homes and Gardens® Real Estate Reliance Partners has more than 400 agents and 9 offices in the East Bay and Greater Sacramento region. The Pleasanton team celebrated their new office location at 5502 Sunol Blvd, Suite 100 in Pleasanton. Their agents are relationship-based professionals who are among the most respected and trusted in their communities. They offer you the service and market experience you would expect from a brand whose legacy was built upon passion for the home. Call (925) 463-9500.



A creperie serving delicious cuisines from around the world

**Bocado - Un Petit Bistro** — Bocado, a modern American casual bistro in downtown Pleasanton with exciting flavors inspired by a variety of cuisines from around the world, celebrated their six-month anniversary. Featuring crepes, paninis, ceviches, salads, coffee and espresso drinks, parfaits, charcuterie boards, and more, Bocado - Un Petit Bistro is located at 320 Saint Mary Street in Pleasanton. New favorites to the menu include chicken pesto crepe, tiramisu crepe, strawberry and spinach salad, and California panini. Visit them on Facebook or email bocadobistro@gmail.com for more information.



Put good in and get good out

**Good Common Sense Naturals** — Good Common Sense Naturals is now open in their new location at 620 Main Street, where Dean's Cafe used to be. Good Common Sense offers handmade skin care products from the finest natural materials the earth has to offer. Every product is formulated and hand crafted in house. Every item they create is organic, non-toxic, and highly effective. They only use pure therapeutic grade essential oils for their products because only the highest quality oils can be absorbed safely into the skin and have a nutritional positive effect. Learn more at [www.goodcommonsense.com](http://www.goodcommonsense.com)

## Business Spotlight

### Live healthier with whole-body healing

In 1997, Dr. Godwin Sammut opened the doors of Lifetime Wellness Holistic Health Center in Pleasanton with one main goal in mind: to change lives through holistic chiropractic care. Understanding that the body has the inherent ability to heal itself, Dr. Sammut provides care that enhances that ability and empowers the patient to be proactive about their wellness.

"My clinical focus is on optimizing function not just managing symptoms," said Sammut. In his 25 years in the business, he has relied heavily on the body's innate wisdom. "In all aspects of care, I have learned to listen to and follow the involuntary, non-verbal signals that patients exhibit. I let these signals direct the care from start to finish," said Sammut. "Those signals tell me where to adjust and whether that adjustment was effective. It tells me what supplements are needed and lets me know when the supplement is no longer needed," he continued.

He uses his chiropractic to evaluate and address a wide range of musculoskeletal conditions, and he uses clinical grade nutraceuticals to address biochemical issues. Dr. Sammut provides a natural, drug-free approach to optimizing health at all ages. Patients come in to see Dr. Sammut for a variety of reasons. Some of the most com-

mon complaints he treats include headaches, back pain, sports injuries, auto injuries, neck pain, and shoulder pain. Through spinal adjustments, therapeutic massage, spinal decompression, and other chiropractic techniques, Dr. Sammut can help effectively relieve pain, restore mobility, and improve the overall function of the body.



Dr. Sammut runs Lifetime Wellness Holistic Health Center, located at 4125 Mohr Avenue, Suite K in Pleasanton.

Though he is happy to treat patients after an issue arises, Dr. Sammut is also committed to helping residents in the Tri-Valley and surrounding areas achieve optimal health through preventative and wellness care. Some of the methods through which he accomplishes this goal are weight loss programs, nutritional cleanses

and detoxification, nutrition and lifestyle counseling, hormone balancing, herbology, therapeutic exercise and massage, and custom foot orthotics. Chiropractic adjustments and techniques are also offered as a means of wellness — not just to address an issue but to prevent one.

Health and wellness are more than just a goal. They are a lifestyle, which requires education, an ongoing commitment, and a support system. If you're ready to live that lifestyle, Dr. Sammut at

Lifetime Wellness Holistic Health Center in Pleasanton is ready to be the care provider for you. Contact Dr. Sammut directly at his mobile (925) 963-2740.



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