



Helping You Live Better

Newsletter - February 2019

Letter from the Doctor

Happy February everyone!

Wow, did January fly by or what?

How have you been doing with your New Year's resolution? Are you remembering to just keep taking it "one bite at a time"?

This month, I want to talk about common misconceptions of Chiropractic.

It is exciting to say misconceptions about chiropractic are becoming fewer and fewer. The tales once told of "once you go you always have to go" is not an issue any more. People who go seek health care from a chiropractor choose to continue under wellness care after they find they get better and want to stay that way!



Another misconception is that chiropractic care is only for back pain. Nothing is further from the truth. The very first adjustment given to Harvey Lillard by Dr. D.D. Palmer in 1895 was for deafness. We successfully treat patients suffering from conditions such as vertigo, headaches, stomach issues, allergies, and now in our current age of technology, something we call text neck! Younger and younger people are getting chiropractic care for their neck pain, headaches and shoulder issues, because of the use of computers, laptops and cell phones.

One last misconception, that I still hear, is "I don't want my neck cracked". As the saying goes, "we've come a long way baby since 1895". There are 130 chiropractic techniques today, many of which are "noise-less", low force, sometimes by use of an instrument. I love it when a new patient says, "that was it?!", in astonishment at just how gentle the adjustment was.

If you have any other misconceptions you'd like answers to, please feel free to contact us.

Yours in health
Dr. Brown



Patient Testimonial



Jordan sees Dr. Spencer for low back and mid back pain which interfered with his daily activities. Jordan states "Dr. Spencer keeps me out of pain!" He has continued improvement every day. Rachel came to Dr. Spencer with constant low back pain that radiated down her legs. Since seeing Dr. Spencer she states "I've never felt so much better! He has a lot of knowledge!" Rachel states "Excel Chiropractic is a friendly environment and the kids love coming here!" She refers friends all the time to Excel.



Upcoming Events

2/8 Come listen to Cindy Rabe, Herbalist, talk about our digestive system! \$15 entry reserve your spot today! 6:30pm - 8pm

2/9 Thermography with Jenny Steger 8am -1pm

2/9 Dr Brown closed

2/16 Dr Spencer closed

2/18 Excel is growing!!

We will begin construction in our office for expansion *

2/20-2/25 Dr Brown and Dr Spencer closed. Staff will be attending the annual Parker College of Chiropractic Seminar to continue learning so we can better serve our patients

* Nutrition and Massage appts are available at this time, however it may be noisy with construction*

February Specials

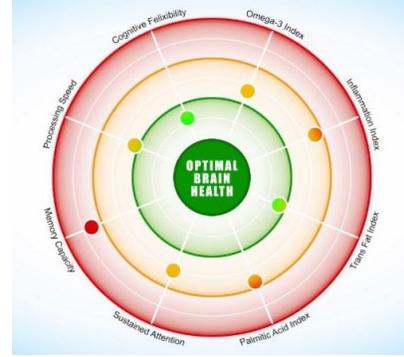


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