



DECEMBER '16 WELLNESS LETTER

Dear Patients and Friends,

Hopefully this month's newsletter finds that you had an incredible Thanksgiving! Most people are busily preparing for Christmas but there is one more thing I want to focus thanks for.

December 1, 2016 marks the start of our **29th year** in practice. It is so incredible to realize how these years have gone by so fast. Our practice continues to grow because of the trust you place in us to provide care for you, your family and friends. This is a trust that we take very seriously and I just want you all to know how much my staff and I appreciate all of you. We have been blessed to care for so many incredible people over these past 28 years.

Every December I'm again reminded that the greatest gift of all is the gift of health. This is not something that can be wrapped up or ordered on Amazon. We all are born with an innate or inborn ability to be well – our health potential. During the course of our life we either decrease or increase that potential based on our health habits and lifestyle. Chiropractic care is focused on improving your health potential by relieving nerve irritation that blocks or diminishes your health potential. We also attempt to bring you the latest information and technology on ways to improve your health potential.

Looking ahead to 2017 we have some exciting things we will be implementing to assist you in making better lifestyle choices including expanding our nutritional offerings and including weight loss solutions. We will be incorporating Low Level Laser Therapy [Cold Laser] into more of our treatment protocols. We will be expanding both our in-office and community-based education programs as well. We want to empower you to take action steps that will provide you a life time of benefits so that you can enjoy an active lifestyle the way you choose.

Change occurs one step at a time. Take that step with us so that 2017 and beyond is better than you ever dreamed possible!

Make it a great day!

Dr. Ed

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