

# JANUARY '17

## WELLNESS LETTER



Dear Patients and Friends,

If you blinked then you missed Thanksgiving, Christmas and New Year's! It is amazing how fast time goes by. I recall my mom telling me as a little boy that "every year seems to go by faster". At the time I didn't believe her. Now I'm living it!

As I sit down to write this January newsletter, I realize that this is my 29<sup>th</sup> January newsletter! I am so lucky to have been able to have experienced all that the past 28 years has provided. It truly has been a learning and rewarding experience beyond my expectations. I recall signing a 3 year lease on my first office before I even took my NY State Board exam. My dad was alive and we were able to share remodeling that first office on a shoe string budget and my parents took a loan out against their home demonstrating how much they believed in me. Witnessing all of the changes in health care over the past 28 years has been a learning experience to say the least.

Our family of patients continues to grow every year thanks to your confidence in our ability to bring you the best in conservative health care. Every business has to evolve to remain relevant. Do you recall the dot matrix printer? I have always strived to look forward to keep our practice in line with trends before they occur. My friend and mentor and the inventor of the Activator instrument, Dr. Arlan Fuhr, has played a huge role in helping to shape my understanding of this concept over the years.

As we begin this our 29<sup>th</sup> year of practice, you can rest assured we will be bringing you the best in conservative health care. Being a Senior Clinical Instructor for Activator Methods Chiropractic Technique, I've been blessed to be able to teach other Doctors of Chiropractic and Chiropractic students the latest in instrument adjusting which also allows me to bring these new innovations to my patients by keeping me up-to-date on the latest research and treatment protocols available. We will continue to do this going forward as Activator Methods International, Ltd. looks to celebrate 50 years in the profession this coming July.

We continue to see excellent results treating those chronic cases with Low Level Laser Therapy that I personally perform in our office. We will be expanding our protocols to help more patients this year as well as bring you a variety of options to learn more about how Laser may help you. Low tech rehab exercises are things patients can perform simply at home as part of their care plan. We have a software program that allows us to customize a personal exercise program for each of our patients. We will be conducting some workshops to teach our patients ways to implement simple exercises to become more active and prevent injury as well as avoid recurring spinal problems.

Since July we have been gradually implementing some very exciting nutritional protocols for our patients as well. Shaklee is a nutritional company started by Dr. Forrest Shaklee over 60 years ago. Interestingly, Dr. Shaklee was a Doctor of Chiropractic. Today, Shaklee has grown to be a world leader in nutritional products with a team of 70 of the world's leading scientists formulating their products. A vast majority of the Rio Olympic athletes are "Shaklee athletes" because of the research and purity of these products. Supplements ranging from joint health, bone support, anti-inflammation and weight loss are just some of the products available. Shaklee has also created the HealthPrint, a complementary questionnaire to help you to determine the best nutritional products for you within your desired budget. We also provide a complimentary follow-up to this report and address any additional questions for you making sure that you get the best nutritional products for your personal needs. Shaklee also has awesome supplements for children and expecting mothers and "people and pet friendly" cleaning supplies for your home and office. The fact that so many people have chemical sensitivities also helped us to choose Shaklee for their cleaning and beauty products. Mary Anne and I started Lifestyle Wellness to bring these products to you through our office but you do not have to be a patient to take advantage of these products.

So you can see, we have been busy planning not just for the New Year, but also for the future, to make sure that Port City Chiropractic, P.C. always remains relevant to provide you with the latest and best there is. Thank you for making us a partner in your health care!

Make it a great day!

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