



A Message From Doc & Jill

Hello June...

School is out for summer! YAY!

Doc and I always talk about that feeling, when we were younger, of the last day of school and knowing we didn't have much responsibility for the next 8-10 weeks.

For lots of families, this summer might be different (and shorter) but we still have plenty of time to enjoy our favorite activities, vacations, BBQ's and road trips.

We would love to see all the wonderful things/places you and your family do these next couple of months.

Soooooo LIKE our Facebook page and then TAG us with a picture of a fun time you had this summer. We will enter you into a drawing and pick a winner in August.

Enjoy!



Love, Doc and Jill



Patient Success Story

Prior to treating at Active Health, Ron suffered from stenosis, numbness in his legs, neuropathy in his feet, and stiffness in his back. These symptoms caused a lot of difficulty walking and standing on a daily basis. Standing for prolonged periods of time, such as waiting in lines, caused him lots of pain. He found out about Active Health after reading about us in a newsletter, and felt we would be able to help him to start feeling better. Ron's treatments consisted of receiving chiropractic adjustments, doing physical therapy, and utilizing our state-of-the-art **Eccentron**. After

a couple of months of treatment, Ron noticed a significant improvement in the numbness and neuropathy he had, and he also noticed his plantar fasciitis getting better. He had more hip mobility and was able to walk for longer

periods of time. He was even able to take a trip to the Florida Keys and stand in line for a parade for two hours straight with no difficulties! Yay For Ron!!

"We Are Better Together"

Why Millions of American are Seeking Chiropractic Care

At least 70 million people in the United States deal with some type of chronic pain. In fact, low back pain is the second most common reason Americans see their doctor. Today many people are interested in finding alternatives to medication for pain relief. Chiropractic treatment is one potential pain management option, especially if you're dealing with back pain or neck pain.



Ten Benefits of Chiropractic Care.

- Eases back pain
- Improves neck pain
- Eases headache symptoms
- Helps improve posture
- Possible reduction of osteoarthritis symptoms
- More affordable treatment for chronic back pain
- Reduces scoliosis symptoms
- May help athletic performance
- Reduces reliance on opioid pain relievers
- High satisfaction

If you or someone you know is in discomfort or having pain call 561-842-2273 or click the blue Active Health button on the left and fill out the form and someone will call you schedule you an appointment.

If you'd like to refer someone you know click the blue Referral Button on the right.

[Active Health](#)

[Referral Button](#)

Fun Facts about June

June is the first month of the summer season. June is known as a great month to get married, and the Birth flowers of June are Honeysuckle and Rose and the Birthstones are Pearl and Alexandrite.



Like and Follow us on our Social Media pages



ACTIVEHealth

Medical. Chiropractic. Physical Therapy.

"Better Together"