



A Message From Doc & Jill



While this year has been full of unanticipated changes, there is still much to be thankful for this Thanksgiving. One of the greatest gifts this challenging year has given us is a new perspective on the things we might take for granted.

During this time of "thanks and giving" we are grateful for what we have, the family we love and the friends we cherish.

At the same time, we would like to take this opportunity to say "Thanks" to each and every one of you.

We are here for you!

To you and your families we wish you a very Happy Thanksgiving!
Stay Safe and Healthy!



Patient Spotlight

Before finding out about Active Health, Ilene suffered daily from pain in her neck and trapezius muscles. The pain was always exacerbated from moving her neck around and even worse, she suffered from headaches almost everyday. One of our current patients here at Active Health referred Ilene, believing we could help with her neck pain. Her treatment consisted of using our Multi-Cervical Unit (MCU) to help strengthen her neck and correct any imbalances. She also received chiropractic adjustments and was given a home exercise

program by our physical therapist, Dr. Adam. After treating with us, she is happy to report that the pain in her neck is practically non-existent, and she has more range of motion! Best of all... she has no more headaches! Ilene also wanted to state that the staff at Active Health is the best staff she's ever come across. Thank you Ilene :)

Don't let Holiday Stress wreak havoc on your Immune System!



[Research](#) has shown that ongoing stress and chronic pain can prompt changes in how our bodies produce critical immune cells thereby affecting their ability to fight off infections within the body.

Chiropractic care helps minimize the stress on the body in several ways, including:

- Reducing physical stress in the muscles of the body
- Increasing circulation throughout the body and,
- Reducing inflammation

Each of these allows essential nutrients to move throughout the body, assisting the body's natural healing abilities to get to work supporting the function of your immune system.

At Active Health getting care is an easy and **STRESS-FREE** process
call: 561.842.2273 or visit our website below to schedule your
STRESS-FREE appointment.

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"Better Together"