



## A Message From Doc & Jill

### Greetings!

Happy October,

Welcome to Fall, the transition from summer to winter, and our favorite time of year.

We finally get “cooler” weather, beautiful Autumn colors around the country, and the aroma of apples and pumpkin spice..can you smell it?

Our favorite holidays of Halloween, Thanksgiving, Chanukah, and Christmas are right around the corner (as is our birthdays ).

Autumn is also a time for harvest, shedding the old and preparing for the new. This time of year we remind ourselves to appreciate each other, our families, friends, and all of you!



PS: Don't forget to “fall back” on November 6th which is when Daylight Saving Time ends.

Fun Fact:

During Autumn, Monarch butterflies fly south from the US to Mexico. They are the only insects that migrates up to 2500 miles for nicer weather.

**Yours in good health,**

**Doc and Jill**

## National Chiropractic Health Month

You can avoid surgery, get pain relief, heal naturally & emerge stronger than ever through chiropractic care

Chiropractic is based on a simple but powerful foundation: a healthy spine and nervous system enable the body to respond to its environment appropriately and stay in

BALANCE. This driving philosophy stresses the idea that many disease processes begin with the body's inability to adapt to its environment. Your body lets you know that you have imbalances by giving you pain. Your pain is a clear and direct sign that you have a problem. A chiropractor looks to address these imbalances by locating and adjusting a musculoskeletal area of the body that is functioning improperly, without the use of drugs and chemicals.

## The Core of Chiropractic Care

Spinal misalignments, called subluxations, interfere with your body's ability to maintain balance (homeostasis) which can lead to illness.

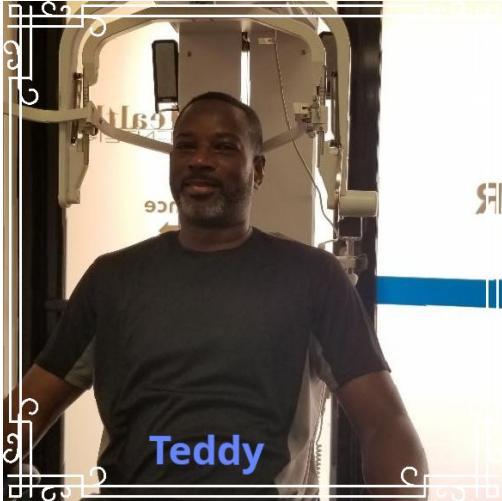
Subluxation occurs when one or more of the bones in your spine (vertebrae) move out of position and create pressure on spinal nerves. This interferes with your nervous system, which controls and coordinates all the functions of your body. With a compromised nervous system the body quickly begins to deteriorate becoming even more UNBALANCED.

**Schedule your chiropractic appointment  
call: 561-842-2273**

**Click the button below to visit our website and find out what conditions benefit from chiropractic care.**

[Our website](#)

## Patient Success Story



Prior to treating at Active Health, Teddy suffered from neck soreness, stiffness, and very limited range of motion. He also had lower back pain and chronic soreness in his thighs. His pain negatively affected his ability to do everyday things such as sleeping, squatting, holding things, and standing for long periods of time. Teddy found out about our practice through his wife's coworker and became a patient with the hope that he could get some relief from his symptoms. Teddy utilized our state-of-the-art **Multi-Cervical Unit (MCU)** to help build up the strength and muscular balance within his neck. He also has been receiving physical therapy treatment for strength and chiropractic

adjustments. After only two months of treatment, Teddy is ecstatic to report that the range of motion in his neck has greatly improved, and has no more pain or soreness! In addition, the pain and soreness he had in his back and thighs are now non-existent! He is able to move and stand with ease, and his sleeping has improved too.

***Teddy commented, "If you're feeling pain, this is the place to go!"***

**To see if you are a candidate for the Multi-Cervical Unit (MCU)  
Call: 561-842-2273 or click the button below**

[Multi-Cervical Unit \(MCU\)](#)

## ***October is Breast Cancer Awareness Month***

To Learn more about how we can educate women on how to be proactive with their breast health and how early detection can save lives click the **HEART RIBBON**



## ***HALLOWEEN CONTEST***

Tag us with a picture of YOU in your halloween costume on Facebook and we will enter you into our

### **Halloween Raffle Drawing**



**Like and Follow us on our Social Media pages**



**ACTIVEHealth**  
Medical. Chiropractic. Physical Therapy.  
*"Better Together"*