

ACTIVEHealth

Medical. Chiropractic. Physical Therapy.

"Better Together"

PROFILEREHAB



A Message From Doc & Jill

Hi All,

Halloween is right around the corner and Friday Oct, 30th is our [Mask-erade Party.](#)

Design your own mask and the winner receives a \$25 gift card to Publix!



Friendly Reminder: On Sunday Nov, 1st daylight savings time begins. We "Fall Back" and lose an hour so it will be getting darker earlier.

October is Breast Cancer Awareness Month.

Pink is Power!

Read Shannon's Inspiring Story below and make sure to get your mammograms.

PS: Oct. 29th is Dr. Weinberg's Birthday :)

Stay Safe and Healthy

[Patient Spotlight](#)



Before [Shawn](#) discovered Active Health, she suffered from various pains all over her body. She was experiencing dull and nagging pain in her neck and little range of motion. In the middle of her back she always had ribs out of place and it was very painful. The pain in her low back was so bad it would bother her when she was sitting and it would keep her up at night. One of Shawn's main goals was to get back to being able to exercise. When she started coming to Active Health, she saw Dr. Behrue for chiropractic adjustments, and she also did treatment on the [Multi Cervical Unit \(MCU\)](#). After a few weeks of treatment her neck pain has completely disappeared, and

she has much more range of motion! She also finds that most of her ribs stay in place after her adjustments and her low back pain is non-existent. She has been enjoying getting to jump on her trampoline again as a form of exercise, and has been able to lift things again with ease. She says she has more work to do, but is very delighted with the amount of progress she has made so far!

Early Detection Saves Lives



Shannon Borrows

A local woman shares her story and reiterates the importance of regular self-breast exams and yearly mammograms.

This is how it began.

She did not feel any lumps but had symptoms of anxiety and high blood pressure so she had an emergency appointment with her general

physician who immediately wanted to put her on prescription anxiety and blood pressure medication. Shannon, being in the health and fitness industry was not interested in masking a potential health problem with medication. Instead she wanted to get to the root of the problem. Having been through in-vitro fertilization several years ago and now nearing peri-menopause, she wanted her hormones checked. In the testing process she was asked the last time she had a mammogram. Shannon said two years ago. That mammogram changed her life and the lives of many others. She had only missed one mammogram the year prior. She was diagnosed with breast cancer July 13th, 2017. That was the beginning of what Shannon says,

[“The day my Purpose and Passion were combined!”](#)

While recovering she researched and studied and became certified as a Cancer Exercise Specialist to not only become the best version of herself but to also take that knowledge and experience and pay it forward. Her passion became helping other breast cancer patients, survivors and caregivers through their cancer journey and beyond. She has created several programs to educate, inform, empower & inspire others through support, exercise and healthy living using The S.M.I.L.E. Method (Simply Making Individual Lifestyle Enhancements).

If you would like to know more about Shannon's Journey you can visit www.shannonburrows.com or email her at SMILE@shannonburrows.com

She loves to empower and inspire you to take control of your life and become

the best version of yourself with a **SMILE!**

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