



## *A Message From Doc & Jill*

### **Greetings!**

It's September, the 9th month of the year, the Autumn equinox, and the start of football season (very important in our house LOL!) Who is your favorite team, professional or college?

Every month has a lot of events; all are unique, special, and important.

In September we have Labor Day, Grandparents Day, Constitution Day, and Week, Talk like a Pirate Day (who knew)? and, on Sept 15th, the start of National Hispanic Heritage Month to name a few.

Did you know:

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

This month also highlights awareness and education for two very important communities and causes

- 1) Blood Cancer/World Lymphoma Awareness Day and
- 2) Suicide Prevention and Awareness.

Please see below for info and links for information and how to get involved.



**Yours in good health,**

**Doc and Jill**

## **Patient Success Story**

Two years ago, Sue had a bone density scan and was diagnosed with osteoporosis within her hips and low back. She was instructed to take medications that could potentially cause



unpleasant side effects, but she wanted to see if there was an alternative option for her. Sue searched on the internet for "natural ways to treat osteoporosis", and in doing so, she discovered the [BioDensity](#). The bioDensity is clinically proven to **prevent and reverse bone loss by stimulating the body's natural bone generation process**, the BioDensity sessions challenge the entire body

and are only required once per week. There are only five facilities within the state of Florida that have the BioDensity, and Sue was lucky enough to find one right here at [Active Health](#). She began coming in once a week to treat on the bioDensity, and when she went in to have her next bone density scan, she was told by the doctors that she had great improvement in her bone density! She also reports that she has had much less hip and low back pain ever since treating on the [BioDensity](#).

**If you or someone you know would like to see if they are a candidate for the Biodensity. Click on the link below.**

[BioDensity](#)

["We Are Better Together"](#)



[Congratulations to our Summer Winner](#)

**Maxine Taylor**

We are so glad you participated in our Summer Contest. The beach picture you submitted was beautiful.

[Part 2 of Gabbi's Incredible Journey](#)

After the pediatrician diagnosed Gabbi with Scoliosis and referred her to a local Orthopedic Office, Active Health was able to collaborate with the providers, educate her, and co-manage her care. The orthopedic office included a Physical Therapy Facility specifically designed for Schroth Method Exercises. The protocol is designed to help anyone with Scoliosis to perform specific movements and breathing techniques.



They were able to take full body x-rays and create a customizable brace to aid in spine curve correction while Gabbi continued chiropractic adjustments at Active Health. Gabbi put in the time, effort, and had a positive attitude all along the way, and with the support of her mom and the collaboration of health care providers she is continuing to progress!

**Congrats Miss Gabbi!**



**Awareness and education for two very important communities and causes**  
**Click the links below to get involved**

Learning about suicide prevention during the month of September is a great way to educate yourself and others. If you or someone you know needs emergency assistance, contact the [National Suicide Prevention Hotline at 1-800-273-8255](https://www.nimh.nih.gov/health/topics/suicidal-thoughts-and-actions/index.shtml).

Learning about Blood Cancer Awareness and their supporters of The Leukemia & Lymphoma Society (LLS) to raise awareness both locally and nationally about our efforts to fight blood cancers including leukemia, lymphoma, myeloma, and Hodgkin's disease. [Blood Cancer/World Lymphoma Awareness Day 310-342-5800](https://www.lls.org/blood-cancer-awareness-day).

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**Medical. Chiropractic. Physical Therapy.**

*"Better Together"*