

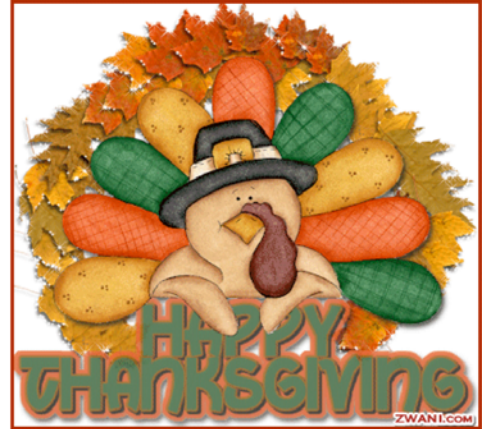
Healing Hands

Newsletter for the friends and patients of Colony Chiropractic

Dear Patient,

Wow, November is here already. There have been some very interesting things happening this year, many of them unpleasant. Something that I have found that gets me through tough times is to be grateful for what I do have. Have an attitude of gratitude, count your blessings, and be thankful.

Whether or not the economic downturn that our country has experienced this year has affected you, I think we can all agree that it is wise to continue to show thanks each day to our friends, neighbors, family, and co-workers.



If you really boil it down, I have found that there are seven basic areas in each of our lives where we can find room to be thankful:

1. **Family**
2. **Spiritual**
3. **Career**
4. **Financial**
5. **Physical**
6. **Mental**
7. **Social**

Regardless of what happens to each of us on a day to day basis, good or bad, our characters are defined by how we respond to those things. What a better way to show your character than with a hearty “Thanks”!

**Your health is your most important ASSET.
Take it seriously. We do!**

Veterans Day is November 11th



I want to take a moment to give a sincere “Thank You” to all of our veterans who have served us so bravely in protecting our freedom.

Every month in the office I hear conversations of patients who have served our country. Still, many others have brothers, sisters, mothers, fathers, and children who are doing their part to protect our freedom. I am grateful for the distinct honor of providing chiropractic services for a number of our veterans. Thank you from the bottom of my heart for a job well done!

While you were gone...

If you haven't been in our office lately, you might not realize all of the wonderful improvements that we have made over the last 2 years. We now offer **DECOMPRESSION** (helps reduce or eliminate painful herniated, degenerated, and bulging discs), **COLD LASER THERAPY** (accelerates the healing process, decreases pain and inflammation, and increases range of motion), **THE MASSAGE CLUB** (membership allows you to get monthly 30 minute massages for \$20 and monthly 60 minute massages for \$40), and **PRE-PAYMENT DISCOUNTS** (you can pay your portion of 6+ visits in advance and receive a 20% discount).

We also completed a beautiful remodel of the entire clinic to increase our efficiency, make room for our new therapies and create 2 massage rooms. We now have **3 MASSAGE THERAPISTS** on staff: Christi, Brandi, and Hannah.

Please also visit our website www.colonychiro.com

Who Needs Chiropractic?

Everyone can benefit from a chiropractic check-up...everyone! You may be a patient, but unless you've referred all of your family to this office, you need to read more...

CHILDREN benefit from chiropractic adjustments. Since their bones are growing rapidly, it is important to maintain proper mobility and alignment in young spines. This assures each child a long lasting and healthy spine (much like regular dental check-ups). So many patients neglect to take care of their children. The children are not complaining, so the parents ASSUME they are healthy.

ADULTS AND SENIORS can benefit from chiropractic care, too. Adjustments help to reduce the stress of modern life. As your body ages, it is crucial for you to protect and maintain your spine. Posture awareness and chiropractic adjustments are the most effective way to accomplish this task. But don't take your care at this office lightly. It's more than just getting your back "popped" or "aligned" regularly.

Recent health studies suggest that OLDER PEOPLE who receive ongoing, consistent chiropractic care are:

- More likely to exercise
- More likely to report better health status
- More likely to be active in the community
- Less likely to be hospitalized
- Less likely to use a nursing home
- Less likely to need prescription drugs

SPECIAL NOTE:

Don't forget to REFER your friends, co-workers and loved ones for a check-up. Their health is their most important asset.

P.S. Have a great November!

Celebrate the month and your family's health!

15th Annual Blanket Drive

Benefiting the Denton County Red Cross



Tuesday, November 10th: Existing patients who donate a new blanket will receive their adjustments and therapies at no charge. (excluding massage)

Wednesday, November 11th: New patients (or past patients who have not been seen for over 1 year) who donate a new blanket will receive their consultation, exam and X-rays at no charge.

Appointments go quickly, so call NOW! **972-625-4800**