



September '16 Wellness Letter

Dear Patients and Friends,

September is a special month. It definitely marks the end of summer and back to school for the kids. Pools will start to close for the season as the weather transitions here in upstate New York. Soccer, football and other after school activities will pack our days and weeks too. Soon it'll be time to pack up the golf clubs for winter reminiscing on that awesome shot or trying to forget the slice into the woods! Mary Anne and I are still trying to figure out where the time has gone as Lexi will start 4th grade this year!

September also holds a special place for Chiropractic. September 18, 1895 marks the date that D.D. Palmer delivered the first Chiropractic adjustment. Chiropractic will be 121 years old this month. The number 121 seems old but over that short period of time Chiropractic has grown to be the largest drug-free and non-surgical health discipline. I must say that along the way the red carpet was NOT rolled out for the Chiropractic profession. Despite this, Chiropractic has continued to exist because of results and satisfied patients. Happy birthday Chiropractic!

Results and satisfied patients has been the key to our success in our practice as well. I graduated from Palmer College of Chiropractic in Davenport, Iowa, the birth place of Chiropractic, on September 30, 1988. The years have flown by to say the least. Recently, one of my Chiropractic college roommates came to visit to part take in our annual salmon fishing trip. We reminisced about so many things and laughed until our ribs were sore. Laughing is definitely a healthy habit. Since our fishing trip I've been so keenly aware that time is something we need to realize that once it passes you by you can never reclaim it.

Recently in our office, I've had so many patients come in for care that had never been to a Doctor of Chiropractic before. They had been dealing with their problem in many cases for months or years but had never considered Chiropractic or had never even received a referral from their primary care physician for Chiropractic care. It literally blows my mind the time that was wasted before they arrived and finally found relief from Chiropractic adjustments.

Our Mission is to help as many people benefit from Chiropractic care. Our county is listed as one of the most unhealthiest in all of New York State. We need to inspire people to get off the couch and get moving. If they are in pain they cannot do that. We offer a drug-free approach to health and wellness: Activator instrument adjustments, personalized exercise programs you can do at home or at the gym, Low Level Laser Therapy [Cold Laser] to promote healing of acute and chronic pain-syndromes and we've recently added a unique nutritional program that can be customized to fit your personal health goals and budget. What are you waiting for?

Start being active NOW! Call us today to see how we can help you at **315-342-6151**.

Make it a Great Day!

Dr. Ed

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