



Your Secret Weapon to Active Aging



Aging is a natural part of life. While there is nothing we can do to stop the process of growing older, we have control how we age. You can chose to keep active, be preventative, growing older in a healthier way. Time, stress & injuries all can cause misalignment in your spine. When weakened over a long time, these stresses can lead to arthritis in the spine.

The good news? A study of the Medicare database in 2014 revealed people receiving chiropractic care had a higher level of activity, functionality and self-perceived health than those who did not receive any chiropractic care. The study also found chiropractic patients were less likely to be in a nursing home, report having arthritis or poor health and more likely to be involved in strenuous activities!

Chiropractic is a low risk method for decreasing musculoskeletal pain in the aging population as it is less invasive than alternate treatments. Chiropractic helps again patients increase movements in their joints and promotes a healthier, more active lifestyle and culture.

In our office we have the pleasure of working with many patients as they age and we take great pride knowing we keep them active and moving! Please let us know if there's anyone you think could benefit from chiropractic care as they age.

- Dr. Chris



Feeling Under the Weather?



New Year Can Mean New Insurance

If You Are Sick, Please Keep Your Appointment!

You might be feeling under the weather and concerned for our health, but before you cancel, know that an adjustment is the best way to get healthier. Patients report more energy and less congestion and few aches after the appointments. We see sick people everyday and have tough immune systems to stay healthy! Our goal at Optimal Health is to help you feel your best.

For Our Patients Who Use Insurance, Let Us Know of Any Insurance Changes

Like in years past 2018 brings changes to insurance plans. Please inform us if you have any new insurance coverage or received new cards.

**Also know that we will be OPEN on MLK, Monday, January 15th!



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