

COVERING ST. AUGUSTINE FROM CRESCENT BEACH TO WORLD GOLF VILLAGE

# SOCIAL

ST. AUGUSTINE

DECEMBER  
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Good News for  
Strong Community



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## Treating the Cause

WITH A HOLISTIC APPROACH TO WHOLE BODY HEALTH, THEIR  
PROACTIVE TREATMENT GETS AHEAD OF PAIN & ILLNESS

**MONAHAN**  
CHIROPRACTIC  
MEDICAL CLINICS, INC.



Dr. Meet Patel &amp; Kimberly Pacetti, APRN

## PROMOTION

# MORE THAN CHIROPRACTIC

WE ALL KNOW DR. PATEL OF MONAHAN CHIROPRACTIC MEDICAL CLINIC. HE'S THE GO TO GUY FOR ALL THINGS NECK, BACK, ACHES AND PAINS. BUT DID YOU KNOW THEY HAVE EVEN MORE TO OFFER FOR YOUR HEALTH AND WELLNESS?

**E**stablished in St. Augustine over 50 years ago, **Monahan Chiropractic**

**Medical Clinic** has become the go to place for back and neck problems. While most people have come to know and love Dr. Meet Patel, who is known for his bedside manner and ability to restore your body and treat your aches and pains, some people don't know that Monahan Chiropractic also offers many other services to treat your whole body and get you back to feeling, and continuing to feel, your best.

On the other side of Monahan Chiropractic is their medical department that offers integrative medicine with their Nurse Practitioner Kimberly Pacetti. That means, they can address the mind, body and soul of every patient to promote healing and well-being. They offer many services including primary care, annual physicals, bioidentical hormone replacement therapy, weight loss assistance and nutritional supplement counseling, intravenous (IV) therapy, and they even have a Hyperbaric Oxygen Chamber.

Unlike conventional medicine, which focuses on attempting to treat diseases once they occur, the care offered at Monahan Chiropractic Medical Clinics emphasizes the importance of improving your health in an effort to reduce the risk of pain and illness in the first place by using a holistic approach.

### The Leading Lady

When going to Monahan for their medical department, you'll be in the expert care of Kimberly Pacetti, APRN. Kimberly, like Dr. Patel, is a firm believer in treating you as a whole person and working with you in partnership to ensure your optimal health and wellness. "We seek to determine the causes of the patient's concerns rather than just treating the symptoms," says Kimberly. "We form close

relationships that are more like partnerships, both striving and working together to find a healthy balance and heal the body."

Kimberly went to both nursing school and graduate school at the University of Florida where she earned her Masters in Nursing with a specialty in Family Medicine. She also has a bachelor's degree in Health Science from UF. Practicing for almost 12 years, she has spent the last 7 of those years with Monahan Chiropractic Medical Clinics working along Dr. Patel.

"I knew it was time to transition to this style of medicine because I found myself caring more about my patient's whole health than the individual complaint," she says. "I wanted to empower my patients to take control of their overall health and wellness. It's a journey when going from illness to wellness and I love being the support person for those who are willing to take action and bring their bodies to their ideal health."

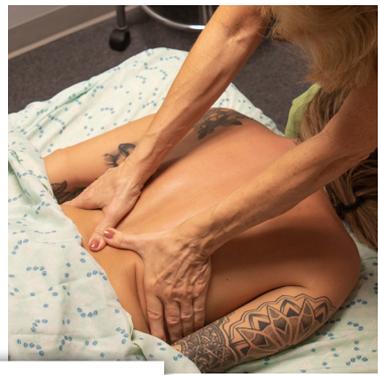
### From the Inside Out

Whether you are feeling sluggish, looking to increase mental clarity and heal faster, or want healthier hair, nails, and skin, Monahan has solutions that can help treat you from the inside out. One of the things they offer is their IV infusion services. This IV vitamin therapy uses a concentrated delivery of essential nutrients to the bloodstream which are essential to the proper function of your cells, tissues, and body processes.

"Many people don't realize that when taking daily over the counter vitamins, only a small percentage of those nutrients are actually getting absorbed into the body," explains Dr. Patel. "Our IV infusions provide direct absorption of vitamins and minerals, which are utilized more effectively than when taking vitamins by mouth."



In addition to being St. Augustine's 'go to' place for neck and back issues, Monahan Chiropractic Medical Clinics offers many additional services that treat your whole body from IV infusions to primary care services and weightloss and nutritional supplement counseling.



Kimberly Pacetti is a firm believer in treating you as a whole person and working with you in partnership to ensure your optimal health and wellness.

From their Migraine “BE GONE” infusion that delivers Toradol, Zinc, B Complex and B12 to their Defense for your Body IV that boosts your immunity, they have a number of combinations to choose from that Kimberly can discuss with you and recommend based on your needs and concerns.

Besides vitamins and nutrients, they also offer hormone replacement therapy at Monahan Chiropractic Medical Clinics. These bioidentical hormones supplement your natural hormones that have dropped or become unbalanced using hormones that are identical on a molecular level to help you get back to looking and feeling your best.

**Feel Good in Your Body**  
More than ever during this season, between the extra pounds we put on with the holidays and the pressures of resolutions for the new year, reaching and maintaining your optimal weight can be

challenging. Kimberly can help not only with weight loss counseling but also with nutritional guidance that will keep your body full of energy.

“Over my years working in the healthcare field, I have seen so many people coming in with issues and complaints that can be solved in a holistic way. People will talk about how they don't have energy, but they are out drinking, not getting the proper food, and coming in with Dunkin Donuts in hand for breakfast. I want people to feel good by taking care of themselves. I love guiding patients into adapting a healthier lifestyle and do so using nutritional supplements and weight loss counseling,” says Kimberly.

If you're already a client of Dr. Patel or if you are looking for a new place to start or continue improving your health - give Monahan Chiropractic Medical Clinics a call.



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**Monahan Chiropractic Medical Clinics**

419 Anastasia Blvd #A • (904) 824-8353  
[www.monahanclinics.com](http://www.monahanclinics.com)