

GOOD NEWS FOR STRONG COMMUNITY

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## Better Health Here

ACHIEVE A HEALTHIER YOU BY COMBINING CHIROPRACTIC AND MEDICAL CARE TO HEAL THE BODY IN MORE WAYS THAN ONE

**M  NAHAN**  
CHIROPRACTIC  
MEDICAL CLINICS, INC.



Dr. Meet Patel and  
Kimberly Pacetti, APRN

## PROMOTION

## THE BEST OF BOTH WORLDS

KNOWN FOR HIS FRIENDLY BEDSIDE MANNER AND ABILITY TO RESTORE YOUR BODY AND TREAT YOUR ACHES AND PAINS, DR. MEET PATEL BRINGS HIS UNIQUE BACKGROUND IN BOTH EASTERN AND WESTERN MEDICINE TO THE PATIENTS OF MONAHAN CHIROPRACTIC MEDICAL CLINICS.

**B**orn in India, Dr. Patel says that his unique ability to integrate the rich traditions of both worlds means that he can provide a comprehensive and well-rounded approach to healthcare.

“This allows me to draw upon the strengths of both traditions and offer my patients a more holistic and effective path to live a better quality of life,” explains Dr. Patel. “As we navigate through this journey called life, we are aware that we have only one chance to make the most of it. That is why we are here, dedicated to guiding your health journey so you can live the quality of life that you deserve.”

Founded in 1975 by Dr. Clark Monahan, **Monahan Chiropractic Medical Clinics** is the oldest chiropractic practice in St. Augustine. Today, Dr. Patel and his team welcome patients at their St. Augustine, Palm Coast and Palatka locations – offering an array of services such as chiropractic, 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.

“The thing that sets Monahan Clinics apart, aside from its reputation, is the combination of having both chiropractic and medical services under one roof,” Dr. Patel says. “Whether you’re suffering a musculoskeletal issue or an underlying issue, by bringing together two different fields of medicine, we can ensure that every patient receives personalized care that addresses their unique circumstances – maximizing the potential for successful outcomes and to help you live a better, healthier life.”

Over the years, Dr. Patel has put together a team of the

utmost professionals with a wide range of expertise. He is joined by Dr. James Warren Haley III, Doctor of Chiropractic, who works out of the Palatka location, as well as Dr. Chris Colaluca, Doctor of Chiropractic. Heading up the practice’s medical department is Nurse Practitioner Kimberly Pacetti, APRN, along with IV Technician Dave Slem, Licensed Massage Therapist Holly Gang, and Dr. Stephen E. Grable, MD, who oversees Monahan Chiropractic Medical Clinics’ Complementary Care Center.

“Our clinic provides comprehensive services, making it a convenient one-stop destination for all of your healthcare needs by combining medical and chiropractic care,” Dr. Patel explains. “Whether you’re suffering from neck pain, lower back pain, need an annual physical or want to start your weight loss journey to achieve a healthier you, Monahan Chiropractic can help patients with a wide range of services.”

One such service is the clinic’s IV Therapy department headed by Dave Slem. IV Therapy is a quick way to revitalize and restore your body’s natural chemical makeup. It provides complete rehydration, boosts immunity, restores vitamin levels and increases energy. Monahan offers several types of IV Therapy. Some infusions are given intravenously, while others are intramuscular injections. Regardless of the mode of delivery, Dave knows that all the different offerings provide natural, holistic ways of improving a patient’s health, and he uses his time with each patient to encourage them on their health journey. Another service offered by Monahan Chiropractic Medical Clinics is custom orthotics to help with lower back and knee pain. With the average person walking 110,000 miles in their lifetime (that’s equivalent to five trips



around the Earth!), feet are the foundation of our bodies and many ailments and pain can be traced back to them. That’s why Dr. Patel is helping his patients with Foot Levelers, custom insoles created from a 3D scan of your feet, for better arch support and weight distribution.

“Taking care of your feet the right way is so important and we hope to educate people on this often overlooked body part,” says Dr. Patel. “Non-custom orthotics, while cheaper, are often made with unreliable and lower quality materials that are not designed to fit your needs. These are causing more problems down the road for patients. It is so important to fix the problem entirely and properly.”

From head to toe, Monahan Chiropractic Medical Clinics offers services to treat the whole body. And with chiropractic treatment at the forefront, patients suffering from neck pain, upper back pain, lower back pain, jaw pain or pain in the upper or lower extremities, can find relief with different adjustments offered by Dr. Patel and his team. This includes Diversified

Adjustments, Flexion Distraction Adjustments, Thompson Drop Adjustments, Myofascial Release Adjustments, Gonstead Adjustments, Activator Adjustments and Extremities Adjustments. Beside their reputation, proof of success can be found in Monahan’s outstanding Google reviews. “I had been thinking about visiting a chiropractor for years, but putting it off. I finally visited based on a co-worker’s recommendation and I can’t say enough about how amazing it’s been,” says one patient. “Not only the reduction in daily pain from lower back injuries, but when Dr. Patel identified and fixed an issue with both my hips and my neck, I regained mobility that I haven’t had in years.”

“Chiropractic is more than just spinal adjustments and moving bones,” Dr. Patel explains. “When you think about pain, for example, it should be your first choice in treatment. Our goal is to treat every patient with great quality care through an individualized plan. Your JOURNEY to better HEALTH begins here.”

Dave Slem administers the IV Therapy at Monahan Chiropractic Medical Clinics. The therapy restores your body’s natural chemical makeup providing complete rehydration, boosts immunity, restores vitamin levels and increases energy.



Together with Kimberly Pacetti, APRN, Dr. Patel’s office provides a one-stop destination for all of your healthcare needs by combining medical and chiropractic care,



**“OUR TREATMENTS CAN RESOLVE YOUR SYMPTOMS AND GIVE YOU THE FREEDOM OF YOUR BODY BACK, WITH INCREASED RANGE OF MOTION, ALLOWING YOU TO DO THINGS YOU HAVE NOT BEEN ABLE TO DO IN YEARS.”**

**Monahan Chiropractic Medical Offices**

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