

# ST AUGUSTINE SOCIAL

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## He's Got Your Back

AND A PLAN TO GIVE YOUR FULL BODY THE REBOOT IT NEEDS TO KEEP YOU LIVING LIFE TO THE FULLEST.

**NO PAIN NAHAN**  
CHIROPRACTIC  
MEDICAL CLINICS, INC.



Dr. Patel

## PROMOTION

# GIVE YOUR BODY A REBOOT

MEET THE MAN BEHIND MONAHAN CHIROPRACTIC MEDICAL CLINICS WITH A PASSION FOR HELPING PATIENTS RETHINK THE WAY THEY MAINTAIN THEIR HEALTH AND WELLNESS FOR A LIFETIME.

**M**onahan Chiropractic was established in St. Augustine over 50 years

ago and has since added offices in Palm Coast and Palatka. Their offices focus on the quality care of each patient, not the quantity of patients they can see. People of all ages can receive and benefit from chiropractic care. As a new father himself, Dr. Patel, owner of **Monahan Chiropractic Medical Clinics**, knows how delicate the bones can be. With this knowledge, and the confidence he has in his abilities, he has performed alignments on newborns as young as two weeks old. Patients can walk into Monahan Chiropractic and feel at ease knowing they will receive the best care.

Every Saturday at 2am, Dr. Patel has his phone programmed to auto restart. Why would this be beneficial? Because it helps to prevent future issues on the phone and can even fix current issues. Anyone who owns electronic devices will know that the first thing you do when they are not working correctly is to restart them which, as you know, can correct the problem.

When it comes to your body, you can think of chiropractic care as a 'restart' or 'reboot' for your body and its systems. Chiropractic is a safe and non-invasive way to heal the body. Dr. Patel graduated from Palmer College of Chiropractic in Davenport, IA in 2013, has been in the chiropractic field for seven years and has spent the last six of those years at Monahan Chiropractic. With his culture, he has a unique perspective having grown up with Eastern Medicine and then being educated through Western practices.

Aside from spinal adjustments, he has studied and educated other Chiropractors extensively on all seven extremities (TMJ, shoulders, elbows, wrists, hips, knees, and ankles). "There are 206 bones in your body and 33 bones in your spine, which leaves 173 reasons why just one small misalignment of one of

the joints in the extremities can lead to a myriad of health problems and areas of discomfort that will increase if left untreated," he says.

"We are a group of physicians that are unique in our own ways, and we are able to provide individualized treatment based on your needs," says Dr. Patel. "My team goes above and beyond for the patients. At our office, the doctors will do all that they can to make you feel at home." Dr. Patel also explains that at Monahan Chiropractic, they aim to talk with and listen to their patients, which is often not prioritized in other medical practices. Their goal is to build trust with their patients. Having open communication with the patient allows for the patients to get back to pain free, healthy living faster. This saves patients time and money in the long run because at Monahan Chiropractic they treat you in the safest and most holistic way, so that you can get to the root of the pain or discomfort instead of taking medications that may only mask the pain.

Dr. Patel's motto is "Think of your body as a car. When your car hits 100K miles, how much maintenance you need depends on how well you've maintained and taken care of it along the way. If you waited too long and were rough on it, not only will it be more costly to fix, but it takes longer to repair. Your body is the same way, and you can think of going to a chiropractor like bringing your car in for maintenance. You want to take care of it, so when you hit that 100k mile mark, you are ready to go for 100k more. Unlike a car, you only get one body. Start thinking about the quality of life you want to have and take the steps to take care of your body so you can enjoy your life to the fullest."

Monahan Chiropractic does not only offer chiropractic though; they also have a medical department that includes primary care services, hormone balancing, weight loss counseling and Intravenous (IV) therapy. Kimberly



Left: Kimberly Pacetti, APRN



Dr. Patel's office also has a medical office with primary care services, hormone balancing, weight loss counseling and IV Therapy.



Pacetti, APRN focuses on an alternative approach that combines aspects of traditional medicine with innovative holistic treatments. She provides individualized care and treatment suggestions based on the patient's specific concerns, without the use of dangerous drugs. Intravenous (IV) therapy aides in quicker absorption of vitamins and minerals into the body for faster, longer results. These IV therapies include High Dose Vitamin C, Myers Cocktail, Glutathione, vitamin injections and more. Their clinic will treat you as a whole person, working in partnership with you to ensure your optimal health and wellness.

Dr. Patel wants the community to know that chiropractic is a way of life. "God has given you one body and that body is going to break down over time, but instead of having a quick fix like surgery, medicine or injections, I want them to

seek alternative medicine because it will benefit your body in the end," he says. "If you don't see improvements after a few treatments with us, then something else may be going on and we will refer you to a specialist that can help."

From the giant skeleton playing guitar on the rug that greets you at reception, to the playful quotes on the walls reading things like "You are one adjustment away from a good mood", you will feel better simply by walking through the doors. Their staff is a tight knit group of individuals and Dr. Patel respects the importance of family and a healthy work/life balance for his employees. As a patient you can feel how this benefits you by the warm and friendly environment that it creates within the office between the team members and the patients.

**"YOU ONLY GET ONE BODY. START THINKING ABOUT THE QUALITY OF LIFE YOU WANT TO HAVE AND TAKE THE STEPS TO TAKE CARE OF YOUR BODY SO YOU CAN ENJOY YOUR LIFE TO THE FULLEST."**

**Monahan Chiropractic Medical Clinics**

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