

HEALTH

AN IV BOOST FOR THE SOUL

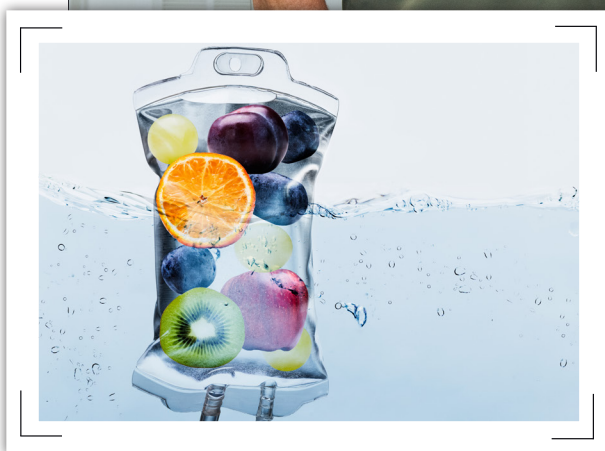
It's been a long week. Your head hurts, your muscles ache, and all you want is to sleep and rest. But then the weekend hits and suddenly, you find yourself buried under an avalanche of family activities, sports with kids, not to mention all those chores around the house. You start to wonder, "When will I ever feel rested?" These days, it seems increasingly difficult to stop, relax and simply recover from all that life throws around. **Monahan Chiropractic Medical Centers** understands these modern-day challenges, and believes they have solutions. Monahan is more than just a chiropractic office. They offer primary medical care, including lab draws, EKGs, a hyperbaric chamber and more. But that's not all. They also offer IV therapy.

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. All of this is done in a fast infusion under the watchful care of Dave Slempp.

With over thirty years of experience as a paramedic with St. Johns County Fire Rescue, Dave is passionate about helping others achieve their health goals and then maintain them. For the last five years, Dave has been using his experience to provide IV therapy and offer real solutions to clients looking for more



Dave Slempp and Dr. Meet Patel



holistic ways to maintain their health.

Monahan offers several types of IV therapy which Dave is happy to assist with, and they come in different forms. 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. "I really try to connect with clients," Dave says, "and help them with their health, starting with

encouraging healthy eating, exercise, hydration and good sleep." Each component is crucial to an overall healthy outlook, and when used in conjunction with the different IV therapies Monahan offers, can give clients the boost they need to maintain some control over at least their health,

something about which Dave is passionate. "I like helping others and feel like that is why I'm here," Dave believes. If he can lift others up in their health journey so they can live a better life, then he has accomplished his goals. And helping and teaching others seems to be in his DNA, ingrained from his long career as a paramedic.

Before IV therapy became his passion, Dave was also passionate about teaching CPR. For over thirty years, he has taught countless individuals the life-saving techniques. Frequently, former students will remind him that he taught them CPR. It's in those moments he finds his proudest accomplishments.

Monahan Chiropractic Medical Clinics

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