

FACE OF CHIROPRACTIC

MONAHAN CHIROPRACTIC

DR. MEET PATEL

All too often, when going to the doctors with a problem, you end up leaving with prescriptions that temporarily alleviate symptoms but don't actually address the cause of an issue. At Monahan Chiropractic, they put a priority on complete health and wellness, focusing on the drug-free prevention and relief of pain through a natural health approach. Their goal is to not only care for immediate symptoms but also to discover and treat the root of the problem.

Monahan Chiropractic has been established in St. Augustine for over 50 years, treating patients from as young as two weeks old to people as old as 96. "We are a group of physicians that are unique in our own ways, and able to provide individualized treatment based on your needs," says Dr. Meet Patel. "My team goes above and beyond for the patients. At our office, the doctor will do everything to make you feel at home - listen to your concerns, examine you, take x-rays, show you the root of your problem, and follow up after your first visit." Dr. Patel graduated from Palmer College of Chiropractic in Davenport IA. Besides 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 only increase if left untreated," he says.

At Monahan, their primary care services center on an alternative approach that combines aspects of traditional medicine with innovative holistic treatments. Each patient receives individualized care plans and treatment suggestions based on their specific concerns, without the use of dangerous drugs or surgeries. 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. In today's environment, with new viruses arising and mutating like COVID 19, it is crucial that your body functions at 100% capacity and Monahan Chiropractic can help you achieve that.

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