

HEALTH

TAKING THE BEST CARE OF YOURSELF

As a St. Augustine native, Kimberly Pacetti has been embedded in the fabric of the local community for years. As a Nurse Practitioner with **Monahan Chiropractic Medical Clinics**, she gets to share her expertise with the community, adding a personal touch to her significant professional experience.

As the other half of this dynamic duo alongside Dr. Meet Patel, Pacetti is able to contribute to the unique provider model she and Patel have set about to create in St. Augustine. They take a more holistic approach to traditional healthcare.

Established in St. Augustine over 50 years ago, the clinic has developed a reputation as the go-to place for back and neck problems, as well as adjustments to relieve many other pressure point issues, aches and pains.

Over the last several years, Monahan Chiropractic has incorporated integrative medicine under the leadership of Pacetti. That means, they can address the mind, body and soul of clients to promote healing and well-being. They offer many services including primary care, annual physicals, bi-identical hormone replacement therapy, weight loss assistance, nutritional supplement counseling, intravenous (IV) therapy,

and hyperbaric oxygen chamber therapy. 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 proactively improving health in an effort to reduce the risk of pain and illness before symptoms become chronic.

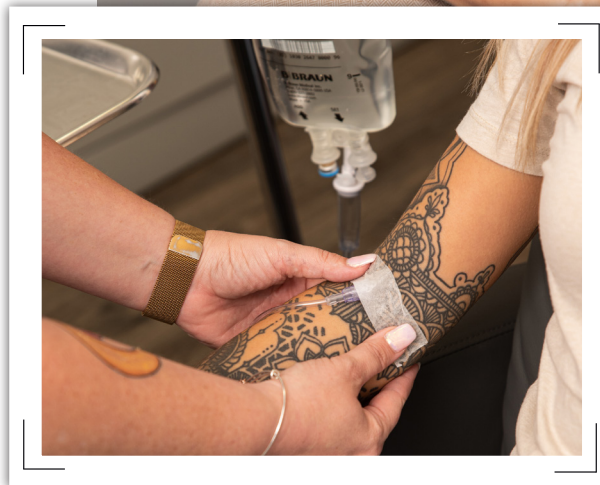
“We seek to determine the causes of the patient’s concerns rather than just treating the symptoms,” says Kimberly. “We form close relationships that are more like partnerships, both striving and working together to find a healthy balance and heal the body.”

Kimberly went to both nursing school and graduate school at the University of Florida where she earned her master’s in nursing with a specialty in family medicine. She also has a bachelor’s degree in health science from UF. Practicing for more than 13 years, she has spent the last seven of those with Monahan Chiropractic Medical Clinics working alongside Dr. Patel.

In addition to IV therapy, the clinic also offers hormone



Kimberly Pacetti, ARNP



“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.”

replacement therapy. These bi-identical hormones supplement your natural hormones that have decreased or become unbalanced, using hormones that are identical on a molecular level to help patients get back to looking and feeling their best.

“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.”

Monahan Chiropractic Medical Clinics

419 Anastasia Boulevard • (904) 824-8353

www.monahanclinics.com