

TOP DOCTORS

# Monahan Chiropractic Medical Clinics

DR. MEET PATEL

**D**r. Patel is the man behind **Monahan Chiropractic Medical Clinics**, a practice that is helping patients rethink the way they maintain their health and wellness for a lifetime.

Anyone who owns electronic devices knows that the first thing you do when they are not working correctly is to restart them. Most of the time, this will fix the problem. If it doesn't, it usually indicates there is something more going on that needs to be checked out.

When it comes to your body, you can think of chiropractic care as a similar 'restart' or 'reboot' for your body and its symptoms. It is a safe and non-invasive way to heal your body and should be the first stop when experiencing discomfort or pain.

Dr. Patel tells us to 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," he says. "If you've waited too long and were rough on it, not only will it be more costly to fix, but it will take 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 the 100K mark, you are ready for 100K more.

At Monahan Chiropractic Medical Clinics, they have all the tools to keep your body running in top shape. Whether you are experiencing problems and need a reboot or just looking to maintain - Dr. Patel and his team have your back!

"Unlike a car, you only get one body," says Dr. Patel. "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."

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