

Why Not Chiropractic?

HEALTH

Over the years, there has been a stigma around chiropractic medicine. It has been viewed mainly as a lesser option to traditional medicine for many people who have experienced pain and discomfort with their spine and neck. However, the doctors of **Monahan Chiropractic Medical Clinic** have worked diligently to turn people's opinions around on the subject.

"As you age, your body degenerates," says Dr. Meet Patel. "Chiropractic medicine, when done correctly and routinely, can slow down the degeneration of your body and keep you healthier and feeling better."

Dr. Patel and his entire staff have built Monahan Chiropractic into the trusted source for pain management in Northeast Florida. Their biggest priority is to relay the importance of self-care to their patients even after their office visits. "It is about having the correct routines at home and prioritizing chiropractic care as primary care in order to reduce the risk of pain, illness, and injury before they even occur," says Dr. Patel. "For patients who are already experiencing back and neck pain, chiropractic care can be an effective way to alleviate

that pain and get you on the road to recovery."

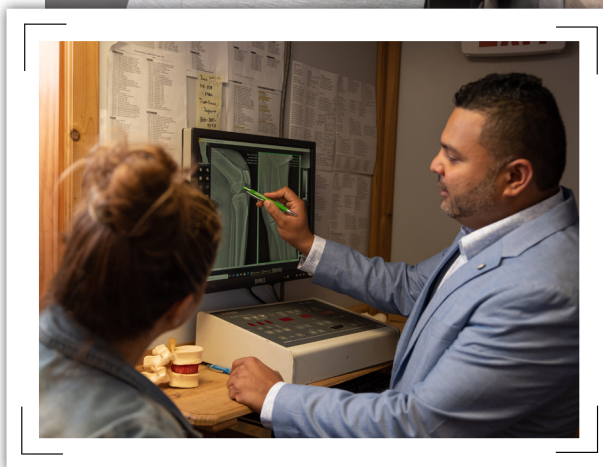
With each visit at Monahan averaging 15-20 minutes, it isn't difficult for the average patient to fit chiropractic care into their busy schedules. "We want people to know that there are multiple ways to adjust the spine," says Dr. Patel. "We have come so far from the traditional 'snap, crackle, and pop' that people so commonly associate with chiropractic medicine even after all the years of advancements that are behind it."

What many may not know is that Monahan offers much more than chiropractic care. A literal one-stop shop for all your medical needs with their highly skilled medical staff, they perform services such as routine physicals, sports physicals, and women's healthcare. They even have an on-site lab, EKG, and hyperbaric chamber. "Another great thing is that we don't have to reference out for x-rays," says Dr. Patel. "We have that technology right in our own office."

Monahan can even help those who are looking for a little extra pampering. With six facial packages to choose from, Monahan staff will ensure you



Dr. Meet Patel



Monahan is here to help patients feel their best even after their appointment.

walk out of their office with soft, silky skin and a renewed sense of confidence. Their IV Therapy can help restore vitamin levels, boost your immune system, and increase energy. "We want people to realize how many options there are for all of their healthcare needs," says Dr. Patel. "We can be a good source for anybody who needs experienced

chiropractic and traditional medical care."

With everything that Monahan Chiropractic Medical Clinic has to offer, it really does beg to ask, "Why not Chiropractic?"

Monahan Chiropractic Medical Clinic

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