



Get Relief and Get Well... Getting You Back to What Matters Most!!!

# Allied Chiropractic, P.A.

Website: [www.alliedchiropractic.com](http://www.alliedchiropractic.com); We are on Facebook!!!

## The AC Insider

### The Whole Body Health Connection

The muscle, bone and joint relationships with regards to health and chiropractic are very important. We rely on this relationship as Doctors of Chiropractic to help our patients get better, stay healthy and get them to lead dis-ease free lives. Whether we experience shoulder pain, headaches, or low back pain, the muscle, bone, and joint relationship have a bearing on treating these from the chiropractic perspective. When spinal nerves exit the bony spinal column, these nerves must be able to function freely to help our bodies inborn intelligence to heal itself. To learn more on how these relationships work toward health, click [here](#).

April 2011 Issue



### AC Welcomes New Team Member

Please help Allied Chiropractic, PA welcome *Theresa Lalim* to the Allied Chiropractic, PA Team. Theresa has been a massage therapist for 11 years. She has experience with deep tissue and Swedish massage. She also knowledgeable with the use of essential oils and may use them to help enhance the quality of her work. We are *very* excited to have Theresa as our newest team member and believe she will be a great health professional colleague, educator and resource for us and our patients. Theresa is here on Thursday mornings from 8am-2pm. Her hours will expand as demand increases. Please call today for your massage therapy appointments and info!!!

### Newsletter Spotlight

- **The “Chiropractic Connection”**
- **AC’s New Massage Therapist**
- **AC Happenings**
- **Winner of our March drawing**
- **Online Survey**

## What’s Happening at Allied Chiropractic, P.A. in April?!



- **How is Allied Chiropractic, PA doing?** Please [click here](#) to tell how we’re doing and fill out our online survey. We are always looking for ways to improve what we do to better serve you.
- **Hours and Schedule** - Starting in May, Dr. Dustin will be out periodically *most* Thursday afternoons and/or evening during the summer months to participate in a golf league. If possible, please call ahead for availability of Thursday afternoon appointments. Thank You!!!
- **Our April Drawing:** Enter your name in our drawing at each appointment this month for a chance to win a Scheel’s gift card.
- **March G.C. Drawing** — Congrats to Joe H.!!! He won a gas gift card. Once again, thanks to all those who participated!!
- **April Quote of the Month:** “Every human being is the author of his own health or disease.” - Buddha
- **Someone you know looking for greater health?** Refer them to Allied Chiropractic, PA!! **We Are** Your Teammate in Health!!