

The Subluxation-Free Press *est. 1990*
"inspiring, educating and celebrating our Chiropractic community"



WYD: The Masterpiece Within You.

Taking notes, whether in college, at seminars or for patient visits, I often resort to abbreviations and occasionally, some high school steno. I learned clever letters and symbols for both speed and even some privacy.

And this was way before the acronyms of texting. Now we have OMG, BFF, TMI and so many more. By now there is likely a glossary to help figure out what they all mean. Lol.. :-D

But sometimes they are just for me to simply recall a comment or special moment shared during an office visit. I use symbols like an up arrow, to let me know patient had a positive change since their last appointment. Sometimes a smiley face, an exclamation point, or an underscore to note that the adjustment was a profound experience or an 'aha' moment.

I do admit to having one foot firmly planted in both camps: While we finally have lovely software for bookkeeping and scheduling, IMO nothing beats the cheerful voice of a live person to assist a first time caller. And the flipside; over three decades in practice, and I still prefer to write my office notes.

As a wellness practice, although I do document, it doesn't require a ton. From them, I can surmise any needed references. And I do take side notes in the margins if you've shared something pertinent, or used a particular descriptive for what's going on in your life. It could easily be a trip or celebration, new health info or an upcoming procedure I should be aware of.

But then there's this: Somewhere in the course of care..

Me: Good to see you! Tell me something good!

You: Whatever you did the last time Doc,*that* made all the difference". It was what I needed.

"Whatever you did", referring to the last adjustment.

So that ends up in my side notes as *WYD*.

And I smile, listen and an educational moment unfolds.

When I hear 'whatever you did', it could be the 1st or 21st adjustment.

Thing is, the last adjustment was likely the same subluxation patterns I found and cleared before. **The difference was this:** This time, you *noticed a change*.

So if I didn't alter what and how I delivered the adjustment, why do you notice it now?

Did I do something different, or did you?

It was you all along.

How your body receives an adjustment in that moment in time determines how your body responds, it has everything to do with what's going on inside you at that precise moment. I introduce a specific force of correction, and if your body is ready to receive it differently, you may be more aware and you now perceive it for the first time. I've seen it time and again. Depending on your history, how long you've been adapting to aberrant patterns, it can take time and consistent care to clear and restore function to your systems.

So if I jot WYD your side notes, I know that you have turned a corner in your own health and healing awareness. And you did that! My job is to remove the subluxations interfering with your own innate healing ability.

Your job is to show up and trust your body and the life process.

Just like a stone must be tapped by the sculptor countless times to reveal the beautiful form envisioned, think about it: Which one tap was THE ONE that actually revealed the masterpiece? They all matter. Time and consistency and precision is what makes the difference.

It was you all along. Patiently allowing your health to evolve and restore as only it knows how.

So - thanks for the compliment, but always remember, I don't heal you, YOU heal you. I clear the disconnects and the tension. The healing and the rebalancing and revealing the masterpiece is all you.

So I smile: You're catching onto the Big Idea. Living subluxation-free is the best way to express your best vitality every day of your life.

See you on the tables.



[Call 610-974-8900 to Schedule an Appointment](tel:610-974-8900)

March Calendar

Marcus Family Chiropractic

610.974.8900 / www.ChiroMom.com

SPRING SPINAL TIPS

- Stay active
- Stretch before activities
- Enjoy the outdoors and sunshine ☀️
- Watch your posture
- Stay hydrated
- Listen to your body
- Get regular Chiropractic care!



Regular adjustments are as good as **GOLD!**



Good Health is not a "Matter O'LUCK".
SPRING into better Health
With Chiropractic!

MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 BACK PORCH 7:45-11
					CHECK Your email for March Newsletter	
3	4 9-12 3-6	5	6 9-12 3-6	7 9-12 3-6	8	9
10 Spring Forward	11 9-12 3-6	12	13 9-12 3-6	14 9-12 3-6	15	16
17 Leprechaun	18 9-12 3-6	19 Welcome Spring	20 9-12 3-6	21 9-12 3-6	22	23 BACK PORCH 7:45-11
24	25 9-12 3-6	26	27 9-12 3-6	28 9-12 3-6	29	30

Help someone else "March into Better Health" and tell them about our practice this month. Spring is right around the corner!.

[Click Here to View the Calendar](#)

Helping Other People Eat, and Souper Bowl Monday!



Thank you all for your donations for Helping Other People Eat to the **Second Harvest Food Bank**. The floor of our office is brimming with your generosity. You all are a part of the circle of giving and receiving. We got a lovely thank you card and with your help they have been able to provide food for 175-200 families every month. Annie G. was the raffle winner of our basket of 'light' themed goodies - batteries, bulbs, candles and more!

Our post-game annual **Souper Bowl Monday** was a huge success! Donna and I cooked up

some yummy hot soups for you all with cornbread, french bread and to-go cups too! The office really smelled amazing. So fun to spoil you. Hot tea is still available most cold days when you come in to get checked. Home style healing happens here!

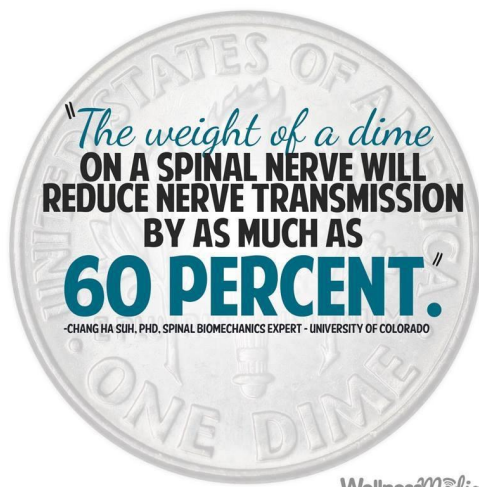
Reconnecting



I am grateful every single day that my chosen profession/career/vocation is one that involves RECONNECTING lives. It definitely keeps me connected and grateful. And blessed.

Chiropractic for me is the most organic and loving way I know to use my gifts. Phones were down for some recently. If for some reason you can't call, please know that if show up without an appointment, I will take care of you.

10 cents? Did You Know?



Wait, what?

We learned about this University of Colorado biomechanics study in Chiropractic college and it's great information to demonstrate in talks and first visits. It is a wow moment and people get it! The reduction of tension in the nerve system makes a HUGE shift in health for everyone, especially newborns. Adjustments are gentle and removing a dime's worth of pressure makes all the difference.

Why Chiropractic?

The art of chiropractic is the specific adjustment that restores function allowing your body to express itself fully.



Our Patients Speak

“

MARCUS FAMILY CHIROPRACTIC

Dr. Marcus has kept me moving and breathing for the last two years. I never realized that my breathing issues were directly due to the tension in my body. I tighten up and all sorts of things happen. Dr. Marcus is amazing. She is kind and gentle. Gentle adjustments keep me moving.

-A.Z.



It's Not About Luck--

You found us through a friend, family



member or online referral.

Would you be willing to share your positive experience with others?

Someone right now is looking for HOPE and your review could make a HUGE difference.

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MY MISSION - MY PROMISE

-To serve specific, affordable Chiropractic to individuals and their families for the purpose of detecting and correcting vertebral subluxations, so that life may best express and adapt innately for each person's best potential.

-To deliver both excellence and spinal hygiene and ongoing education in an environment that serves a diverse community with 100% courtesy at each visit.

-To provide the best chiropractic adjustment I can, respecting each individual's unique needs and circumstance,

-To continue to develop and improve my skills as I deliver the art, science and philosophy of Chiropractic to my practice members and families.

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Dr. Nalyn Marcus



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