

ADVANCED CHIROPRACTIC

JANUARY 2018

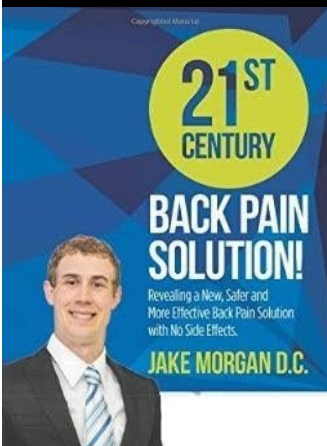
325-695-9355



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A Word from Dr. Morgan

First off, I would like to tell everyone HAPPY NEW YEAR! Secondly if the list below looks familiar, it is! I refer back to this list every January! So if you've seen it before give it another read, if this is your first time reading it, I hope you get as much out of it as I do each year!

As we begin 2018 most of us have resolutions or goals that we would like to achieve in the year ahead. What are your goals? Get healthy, lose weight, get out of debt, get organized ect.... How do you plan to be successful in achieving your goals?

Truth: Only 8% of Americans achieve their New Year's Resolution.

Harsher Truth: By January 14th...90% of New Year's Resolution makers have already given up.

Lets change those statistics!

May we all be successful at reaching our goals in 2018!

- * Successful people stay **FOCUSED**– They concentrate on the task at hand and don't get distracted or overwhelmed by the big picture.
- * Successful People **STAY PRESENT**-They take care of what they can at that moment
- * Successful people stay **RELENTLESS**-They know that every obstacle they overcome puts them further ahead.
- * Successful people stay **PERSISTANT**-they keep at it until they get it done
- * Successful people stay **STRONG**-they are able to withstand the outside pressures
- * Successful people are **AMBITIOUS**-they don't look for pitfalls or obstacles, they looks for solutions
- * Successful people stay **BRAVE**– they are always willing to face new challenges
- * Successful people stay **FIGHTING**– they don't give-up. They take ownership and always looks for ways to improve.

Little Moments **BIG YEAR!**

Wow 2017 flew by!

I have to say this one of my favorite newsletters to do every year! It's fun to look back at all the little moments and laugh! This is our life and these are just a few snap shots of our BIG 2017! Thank you for letting us share a little bit of our life with you!

New calves at the ranch



Spent time with family



Fed Deer In Ruidoso



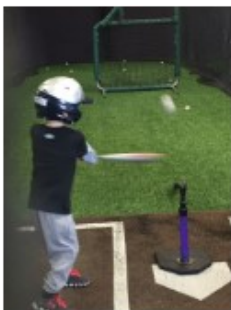
Halloween



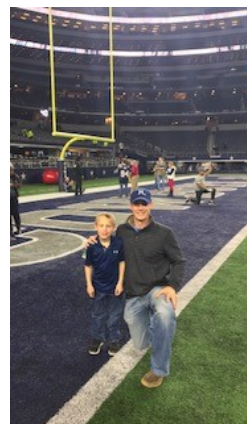
Christmas 2017



ACU Baseball Camp



Cowboys Game



Thank you for letting me be part of your lives!



Lake Time!



If you have rotator cuff problems, frozen shoulder, or arthritis, there is hope. Our new Laser Therapy treatment is helping patients increase shoulder strength, improve motion, and eliminate shoulder pain once and for all. Finally, you can be pain free again – even if you’ve got the most excruciating shoulder pain you have ever felt.



Does your shoulder pain build up when you move it wrong or is it a sudden sharp pain shooting from your neck into your arm?

Do you have difficulty just washing your hair or even scratching your back? Have you had to give up golf because of your shoulder pain?

Nothing's worse than feeling great mentally, but physically feeling held back from life because your shoulder hurts and the pain just won't go away!

It Promotes Rapid Healing Of The Injured Tissues.

Two landmark studies have proven the effectiveness of cold lasers.

The first study showed that patients who had cold laser therapy had 53% better improvement than those who just had a placebo. The second study showed patients who used the laser therapy had less pain and more range of motion days after treatment. If the cold laser can help these patients, it can help you too.

Since the FDA cleared the first cold laser for treatment of shoulder pain in 2002, there has been only one warning – don't shine the laser in the eyes. Of course at our office the laser is never anywhere near your eyes, and we'll give you a comfortable pair of goggles for safety.

Pain in your shoulder isn't just a 'sign of old age'. If that was true all 360 joints in your body would hurt since you're whole body is the same age.

Pain is your body's way of telling you something is wrong. Finding the problem and fixing it has got to be top priority!

We challenge you to take the next step to better health and well-being. Call us today 325-695-9355 to schedule your consultation, and when you arrive we will welcome you back to your active, pain-free life.

Do You Have Any of the Following Conditions?

Frozen shoulder – one of the worst maladies known to man (and women!)

Adhesive capsulitis

Rotator cuff injuries

Arthritis

Bursitis and tendonitis

Muscle weakness

Testimonies

I was suffering from knee pain due to bone-on-bone in my left knee and shoulder. Other doctors recommended that I do a total knee replacement. I would say that my pain level was at a 9/10 before laser treatments. Now its at a 3/10. I have an easier time getting out of chairs now—I can just pop up! -Cliff, 84 Tuscola, TX

I did Dr. Morgan's weight loss program because I wanted to lose weight for my wedding. I work a full time job and I am just too exhausted after work to go to the gym. When I stated the program my goal was to lose 18 pounds. To be honest I've had so much trouble in the past that losing weight I would have been be happy to lose 10-15 lbs. ***I am thrilled to say that I lost 22 pounds!! I haven't been this size since I was 18!*** I would recommend this program to anyone! If I can do it, I promise anyone can! -Paige, 29 Clyde, TX

Dinner

Grilled Salmon with Lemon Quinoa

Directions:

Bring pot of water to boil. Add quinoa, reduce heat to low, and simmer for 15 minutes. Meanwhile, grill salmon for 4-6 minutes/side. Top with salt when done and let sit for 5 minutes. Combine juice from lemon with Dijon mustard, parsley, and garlic. Place salmon atop bed of quinoa and top with sauce.

Serve with a fresh salad: combine 2 cups romaine lettuce combined with 2 T olive oil, 1 T vinegar, and whatever other fresh veggies you want.

Nutrition facts: 653 Calories, 39 g Fat, 32 g Carbs, 4 g Fiber, 29 g Protein, 262 mg Sodium



Ingredients:

- 4 oz. sockeye salmon
- 1 clove garlic
- 1 lemon
- 1 tsp. Dijon mustard
- 2 T fresh parsley
- 1/4 cup quinoa
- 1/8 tsp. salt