



ADVANCED CHIROPRACTIC

325-695-9355

A Word from Dr. Morgan

Hey everyone! I hope you are all well and have managed to avoid getting sick! I have to say I am ready for warmer days, more sunshine, less wind, and less sickness! Somehow my family has managed to stay pretty healthy this flu season! (knock on wood!)

Here are a few tips to help you stay well this cold and flu season. Get plenty of sleep 7-8 hours for adults, stay hydrated, wash your hands and avoid touching your eyes, mouth and nose because germs spread faster this way, exercise, eat healthy, and take those vitamins!

February is always a busy month for our family! We have several birthdays to celebrate with the most important one being Parker's! Parker is our middle child and he will be 5! He has such a funny personality, he loves to make people laugh, and the kid has some crazy facial expressions! He is brave and happy! He also gives my wife mini-heart attacks weekly if not daily! He loves superheroes, ninjas, dinosaurs, and he loves his brothers. We are proud to call this kiddo ours and so bless that God chose us to be his parents. I think we should all be a little more like Parker Morgan. Stress less, smile more, tell more jokes, and be brave!

Happy Birthday Parker!



Amazing Technology Relieves Serious Back Pain

Having back and leg pain can feel like a crippling condition. You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.

If you've suffered from any of these annoying conditions, you may have "Sciatica". Sciatica is a compression of the sciatic nerve, usually by an L4 or L5 disc herniations. As you know, sciatica can be a very painful problem, even crippling at times. Nothing's worse than feeling great mentally, but physically feeling held back from life because your back or sciatica hurts and the pain just won't go away!

Fortunately, if you are suffering from any of these problems, they may be relieved or eliminated by non-surgical spinal decompression.

"What's The Chance This Will Work For Me?"

A medical study found patients went from moderately painful to almost no pain with decompression treatments. Those that took pain pills improved less than 5%. – *Am Society of Anesthesiologist, 2006 Chicago, IL*

Another study presented at the American Academy of Pain Management in 2007 showed...

"Patients reported a mean 88.9% improvement in back pain and better function...No patient required any invasive therapies (e.g. epidural injections, surgery)."

These are just two studies out of a dozen done in the last few years, all showing promising results.

Here's the point of all these studies... spinal decompression has a high success rate with helping disc herniations, sciatica, and back pain.

This means in just a matter of weeks you could be back on the golf course, playing with your grandchildren, or traveling again.

Do You Have Any of the Following?

Sharp pains in the back of the leg

Lower Back Pain

Herniated/bulging discs

Numbness in your arms or legs

Shooting hip or thigh pain



**Check out the amazing relief
our patients are getting!**



Success Stories

"I began care with a herniated disc in my lower back, that was very painful and interfered with the quality of my life. With the great care and rehabilitation from Dr. Morgan, I was back on the golf course in no time!" - Arby 74yrs

"Before starting care with Dr. Morgan I couldn't bend over, walk very far, ride in the car for an extended time, clean house, pick up my grandkids, or play sports. After receiving treatments from Dr. Morgan I can now bend to the floor most days, walk 1-2 miles per day, travel without hurting so much, get on the floor with my grandkids and I'm on the golf course some!" -Dicie S. Abilene,TX

Funnies!





Taco Soup

by Fancy Frugal Life

Ingredients:

1 lb. Ground Turkey
packet taco seasoning or
homemade seasoning
1/2 white onion chopped
1 can stewed tomatoes
1 can black beans
1 can chili beans
1 small frozen bag corn
3 cups beef broth
handful of chopped cilantro
salt & pepper to taste

Directions:

1. Brown meat and onions together.
2. Add taco seasonings.
3. Add the rest of ingredients and slow cook for an hour or two. Also works well in slow cooker.