

ADVANCED CHIROPRACTIC

4549 Catclaw Dr. Abilene, TX 79606 325-695-9355



Happy Holidays from the Morgan's! I just want to take the time to sincerely thank every single one of you from the bottom of our hearts for such a wonderful year. You all have had a huge impact on our lives, and for that we are grateful! Thank you for letting us share a part of our personal life with you every month in our Morgan Family Updates and thank you as well for sharing all your stories with us! We love hearing all of you stories and hope that you aren't bored to tears hearing all about our adventures and craziness! As we wrap up another year with all of you, we hope that we have made an impact on you lives, just as you have ours. May your holidays be filled with joy, love, fun, relaxation, and lots of great health!

To all of you, you, **Thanks for being a great friend, with out you I would not be what I am today!** Thank You! -Dr. Jake

Stay Healthy for the Holidays!

With the fall weather turning to winter, and children in school passing bugs around, the cold and flu season gets in full swing. Shorter days and more clothes keep the sunlight off our skin that our body uses to make vitamin D that protects us from illness. Then toss in the stress of the holiday season and you have the ideal storm that can make you sick at just the wrong time. This is the time to support your immune system. Take your vitamins, especially C and D. Get plenty of sleep and drink lots of water. Make time for exercise because it really helps your immune system, and eat healthy foods. Finally make sure to get regular chiropractic checkups as we can insure your nervous system, is functioning optimally. While chiropractic care can do wonders for many conditions, we think it is best for preventing problems in the first place. Stay healthy for the holidays!

Healing Solutions for Knee Pain

Are you looking for a superior level of treatment for your injured knee or chronic knee pain? There are **highly effective** treatments for knee injuries that you probably do not know about. A great number of our clients have achieved their goal of overcoming a debilitating knee injury and have returned back to their regular activities **sooner than expected**.

For years, professional athletes (and privileged individuals) have had access to state of the art treatment therapies that allow them to heal **more quickly** and **more completely** than you or I. This is why athletes that have a serious knee injury can often get back in the game in a matter weeks, while you could suffer for months or even years (in chronic cases). Fortunately, with some of breakthrough products that have been engineered, professional treatment is now available to anyone who needs it.



New Laser Therapy could be the
Solution to Your Knee Pain !!!

Knee Pain can happen to anyone, not just **professional athletes**. Right now, there are thousands of doctors and physical therapists dealing with patients that require a solution to **treat their injury fast and heal it** (where possible). Maybe they are competitive golfers or football players that must return to their sport quickly (downtime=money), or perhaps they are just patients that are unwilling to just take pain pills, lay in bed and wait. Regardless of who you are or your reasons, if you want to be proactive about **properly** addressing your injured knee, speak with Dr. Morgan about our new laser therapy treatments . We have many happy customers that have healed their knee injury **faster than they expected** as well as significantly reduced their pain during treatment.

Success Stories of the Month

"I had two very bad knees. I couldn't play tennis anymore. My toes were very numb. But I feel much, much better. I feel very good after six treatments. I feel 80 % better. —Elfreide W.

" I had trouble with my knee and could not climb stairs, except for the handrail bringing me up. Now I use one hand to climb the stairs. Now, I don't feel any pain. After six treatments , I have zero pain. I'm thrilled with that, and it hasn't awakened me at night. The function of my knee is far better because I can walk up and down the stairs, but I hold the banister. My back was to the point where it doubled me over, and I couldn't stand up to use my knees. Before, I couldn't pop up, and I've start walking more upright. I am so thrilled just to be able to stand up straight." -Aletyha A.

Inside The Mind of Dr. Morgan...

What's Your Why ??

The new year will be here soon. Many will have new goals or resolutions, some will meet and exceed their goals many will not. Over the years I have listened to and studied high performance individuals, and have determined that individuals that are winners in life, sports, relationships, or anything that want to achieve or improve in all have similar traits. In order to be a winner at life, or lose weight, improve your career, improve your health, whatever goal you have, you must do what winners do. Everyone wants to be a winner until they realize what winners actually have to do. While others sleep in, they are up and getting after it. While others enjoy sitting on the couch watching TV, they are watching film or studying to get better. While others are playing video games, they are working out or working on their weaknesses. Winners have routines, rituals, habits that make them successful; but most importantly, they all have a very strong **WHY!** What's your **WHY?** Why do you go through your training, or why do you get up and go to work day after day? Why do you get up early to do mobility exercises, or why do you stay up late studying? Why do you push so hard in your workouts? Too many people are just going through the motions, just getting reps in, but when it comes right down to it they don't have a "Why". If you have a Why, then the reasons for all the hard work become self-evident. You will figure out how to get it done when you have a Why, and your journey with a Why will be much more enjoyable.

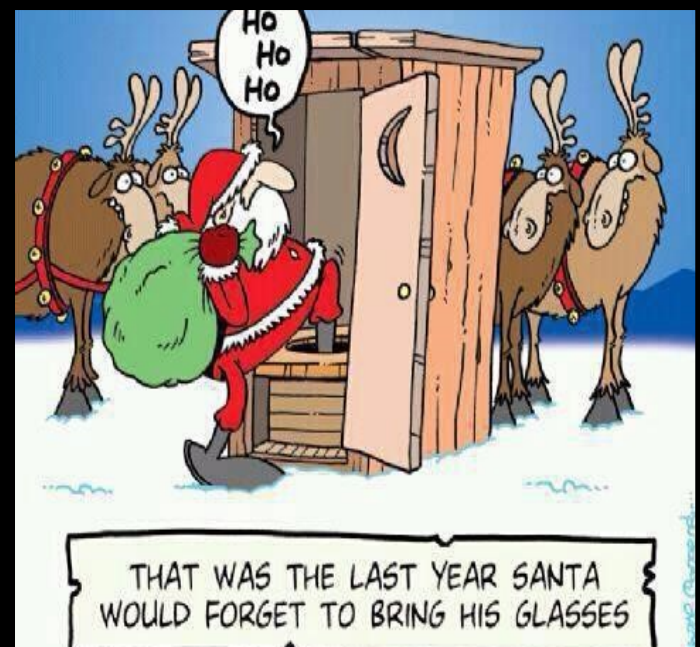
So, right now, before the new year take a few minutes to do some soul searching and figure out your **Why** and then write it down. Post in a couple of spots, in places where you will see it first thing in the morning and just before you go to bed. Always know what your Why is and the best way to accomplish that is to always have constant reminders of it. Because when you know your Why, then all your sacrifices are worth it.

Till next time –Dr. Jake Morgan-

Christmas Fun Facts

- In 1836 Alabama became the first state in the US to declare Christmas a legal holiday.
- Oklahoma became the last state to declare Christmas a legal holiday in 1907.
- In June of 1870 Christmas became a federal holiday in the US.
- Christmas trees were first decorated with foods such as apples, nuts and dates.
- In the 18th century Christmas trees began being decorated with candles
- There are 3 towns in the US that are named Santa Claus. One in Georgia, one in Arizona and one in Indiana.
- Did you know that tinsel was once made of real silver! It was invented in Germany in 1610.

HOLIDAY HUMOR



Call today to start your weight loss program

325-513-9333

Join our Revolutionary Weight Loss Program, and you will discover how to melt away stubborn body fat the right way. It's safe, easy, and effective—and we will guide you through every step of the way.

**Lose up to a
1/2 LB to 1 LB a day!**

