



Monthly Newsletter

#valentine's edition

What do you



about Chiropractic?

Heart Health Month

Did you know that chiropractic care can actually assist in lowering blood pressure?!

A recent study, done by the University of Chicago Medicine, actually proved it! This Chicago-area study was given to 50 individuals with a misaligned Atlas vertebra and high blood pressure! Results showed that after a one-time specialized chiropractic adjustment, blood pressure decreased significantly. The decrease was equal to the effect of taking two blood-pressure drugs at once!

We know that your body is capable of incredible things! Sometimes all it needs is a little room for healing to take place!

Sources: University of Chicago Medicine

Check out
our recent
Google Review!



"We love Dr. Omar and his entire staff! My daughter is 5 years old and she started seeing Dr. Omar in March of 2020. She has struggled with digestion (constipation) issues and has been on medication since the age of 1. Because of Dr. Omar's care she has been medication free since June. We are so thankful for the care he provides, as well as, the dietary suggestions he has made in order for her to live her best healthy life. He is extremely knowledgeable and thorough. Thank you Experience Family Chiropractic for all that you have done for my daughter!"

-Ashlee W.

Do you **love** EFC?!

Leave us a
Google
review!!

Upcoming Dates

Feb 14th

Valentine's Day

Feb 15th
President's Day

Fresh Pressed
Juices Our Families
Some things the EFC
Team loves!
Crossfit Chiropractic
Adjustments EFC Book Club
Fur Babies Cafe You

Our Practice
Members



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