

VOL. 6 | APRIL 2021

# THE ROOTS NEWS

*Thank you for trusting us with your health!*



## DIAPER DRIVE:

LET'S HELP MOTHERS IN NEED!

Lets come together to help mothers in our community care for their little ones. Bring diapers of varying sizes to our office by April 30th to contribute to our Diaper Drive.

We will give your donations to Mothers Helping Mothers, which is an amazing non- profit organization devoted to the service of mothers.



## IMPORTANT DATES & EVENTS

- April 28th - Dinner with the Docs!
  - Your ticket to an afternoon of fun and chiropractic is to invite someone in your life who needs the blessing of chiropractic
- Diaper Drive - All month long until April 30th!



## Jason K.

Jason has a very labor intensive job, he was experiencing neck pain to a degree that was interfering with his performance and his quality of life. He said his neck felt like rice crispies or sand paper grinding! After consistent chiropractic care he has found that the symptoms have gotten much more manageable. He plans to continue with chiropractic care as his form of healthcare because it has helped him regain his ability to live his life comfortably.



## The Lewis Family

Constance, Andre, Miles and Mariah all get adjusted regularly at The Roots. Constance has been under care for both of her pregnancies and couldn't imagine having lived through them without chiropractic. Mariah and Miles have both been under care for their entire lives and their parents understand how chiropractic strengthens their immune and nervous system so they can better handle the stresses of the world. Before she started receiving regular chiropractic care, Constance said that pain was taking over her life and she was taking medications daily to combat it. She was prescribed triptans and took ibuprofen three to four times a week! Monthly massage therapy seemed to help but provided only temporary relief. Three months after starting her journey with consistent neurological chiropractic care she went from having four migraines a month to four months without migraines!



## CELEBRATING OUR ROOTS FAMILY

*Last month these amazing practice members committed to another year of great health! We are honored to continue serving you!*

### 1+ years:

- Jillian M.
- Noreen D.
- Mariah L.
- Carter O.

### 3+ years:

- Johnie M.
- Heather N.
- Barbara C.
- Natalie O.
- Matt O.

### 3+ years:

- Constance L.
- Andre L.
- Lewis M.
- Matthew B.
- Mark W.