



March 2026 Issue

Newsletter published monthly by Kunz Chiropractic

(402) 614-5677

Spring into Action

When you are evaluating your health, don't overcomplicate things, but make sure you are springing into action. The difficulty with staying healthy is the consistency of actions. There seems to be an endless list of what is perceived as healthy actions that you need to complete every day. When we think of everything at once it can be overwhelming. My advice is not to overcomplicate, but to flourish at the easy tasks.

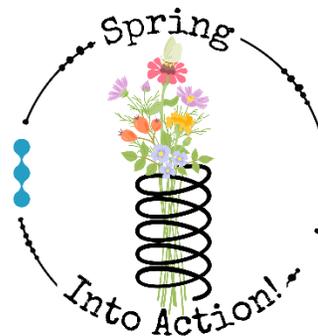
In order to amplify your health situation your body will need an adjustment from time to time. If you're just beginning chiropractic care, most likely those adjustments are more frequent so changes can be made that will lead to lasting results. If you have been under chiropractic care for more than a year, regularly, most likely your adjustments are a couple times a month. Each person's plan can be different.

The adjustments that happen every week or every other week are extremely powerful in providing support to your nervous system so it can manage bodily function. No matter how you exercise, eat right, or medicate, you can't replicate the power of a chiropractic adjustment. Many of the changes made on your regular visit will go unnoticed because when things work well, we don't notice them. And, if you filled out the quiz in February, you know an adjustment can take 24-48 hours to take full effect.

The nervous system that controls and coordinates all activity in the body is most

affected by the adjustment. When it is tuned or supported by an adjustment, information is allowed to move freely, be in balance, and react when necessary. A large key to health is your body being able to react to stressors and adapt before they cause problems.

Most people start chiropractic care because of symptoms. They want the symptoms to go away so they are seeking professional help. I encourage you to use the VIP card we have enclosed to change the life of someone you know. Change the story of their health from consistent issues to consistent balanced life. Chiropractic care when utilized on a regular schedule can change someone's outlook on life. I want you to tell your story to someone so that together, we can make a difference.



Spring into action this March by continuing your regular chiropractic visits and other health choices, telling your story to someone in need and boldly giving us a review. Our

mission at Kunz Chiropractic is to partner with patients for a lifetime to improve their daily quality of life. We need your help to support our mission and make a difference.

Contact Kunz Chiropractic to make an appointment

(402) 614-5677

<https://www.kunzchiropractic.com>

GIVING BACK CAMPAIGN

This month's recipient of our giving back campaign is your family and friends! Please use the V.I.P. card we have enclosed to extend an invitation to our office. The cards will be valid for the month of March only and more cards can be obtained at the office.



Please consider leaving a review for Kunz Chiropractic by scanning the QR code. Reviews help us keep our business near the top in search engines which allows us to help more people experience Kunz Chiropractic. We really appreciate your help!

