

MAY 2026

NEWSLETTER



UPCOMING EVENT

Wellness Open House

June 4th, 5:30- 7:00 PM
Learn, Experience, Save

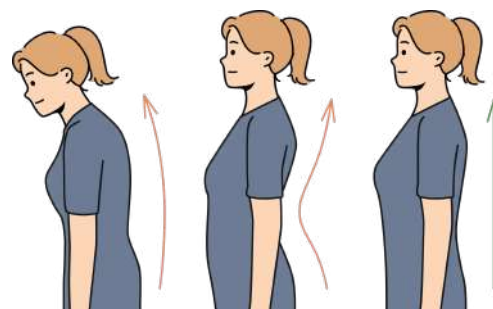
Get ready for an interactive wellness experience featuring some of the latest in non-invasive therapies and innovative ways to support your health. More details coming soon. STAY TUNED!

• May is Posture Awareness Month • How's Yours Holding Up?

Posture plays a big role in how you feel each day. With over 65 million Americans experiencing back pain annually, posture-related issues are now the third most common reason for doctor visits.

Chiropractic care can help. By correcting spinal misalignments, chiropractic adjustments support better posture, reduce pain, and improve overall function. The result? **Less tension, more energy, and a healthier you.**

This Posture Month, consider seeing how chiropractic care can help you stand taller and feel better.



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OUR KNEE SUPPORT KIT IS DESIGNED TO PROMOTE HEALING AND REDUCE PAIN BY IMPROVING CIRCULATION, SUPPORTING NITRIC OXIDE PRODUCTION, AND HELPING REGULATE INFLAMMATION THROUGHOUT THE BODY. IT COMBINES A CLINICALLY FORMULATED POWDERED COMPLEX THAT AIDS BLOOD FLOW, REDUCES FATIGUE, SUPPORTS IMMUNE FUNCTION, AND PROVIDES ANTIOXIDANT PROTECTION, WITH A CONCENTRATED HERBAL TINCTURE TRADITIONALLY USED TO NATURALLY MANAGE INFLAMMATION AND DISCOMFORT. THE FORMULA ALSO INCLUDES HIGH-QUALITY, REGION-SOURCED HERBAL EXTRACTS PROCESSED FOR MAXIMUM POTENCY AND EFFECTIVENESS. TO FURTHER SUPPORT JOINT HEALTH, A TOPICAL CREAM DELIVERS KEY NUTRIENTS LIKE GLUCOSAMINE, CHONDROITIN, AND MSM DIRECTLY TO THE KNEE, HELPING SLOW CARTILAGE BREAKDOWN, REDUCE SWELLING, IMPROVE MOBILITY, AND ENHANCE OVERALL JOINT FUNCTION. MAKING MOVEMENT EASIER AND MORE COMFORTABLE.

Knee Kit



PROGRAM LASTS 30 DAYS

- KIT INCLUDES:**
- Arthro Complete
 - Support and maintain joint health
 - Mobile Max
 - Provides joint support, betters range of motion & relieves inflammation

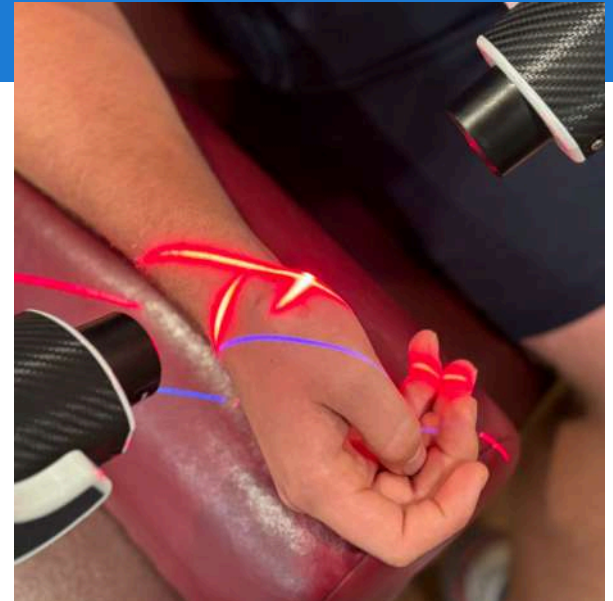
DID YOU KNOW

POOR POSTURE (LIKE LOOKING DOWN AT YOUR PHONE) CAN ADD UP TO 60 POUNDS OF PRESSURE ON YOUR NECK. THIS IS OFTEN CALLED “TECH NECK.”



Low Level Laser for Inflammation

The Erchonia FX405 Low Level Laser is an advanced, non-invasive therapy designed to target inflammation at the source. Using safe, FDA-cleared laser technology, the FX405 helps stimulate your body's natural healing processes without pain, heat, or downtime. Whether you're recovering from an injury, managing chronic joint or muscle pain, or experiencing inflammation-related discomfort, this therapy can help reduce swelling and promote faster healing—naturally and effectively.



- KEY BENEFITS:**
- Reduces inflammation at the cellular level
 - Safe for all ages with no side effects
 - Can relieve pain caused by inflammation-related conditions
 - (e.g. arthritis, soft tissue injuries, overuse)
 - Improves circulation and cellular oxygenation
 - Promotes faster healing and tissue repair



Denneroll

THE CERVICAL DENNEROLL IS A SIMPLE, RESEARCH-BACKED DEVICE DESIGNED TO GENTLY RESTORE THE NATURAL CURVE IN YOUR NECK. USING IT REGULARLY UNDER YOUR CHIROPRACTOR'S GUIDANCE CAN HELP REDUCE PAIN, IMPROVE POSTURE, AND SUPPORT LONG-TERM SPINAL HEALTH, ALL FROM THE COMFORT OF YOUR HOME.

KEY BENEFITS:

- RELIEVES NECK AND UPPER BACK PAIN
- IMPROVES POSTURE AND SPINAL ALIGNMENT
- HELPS RESTORE THE NATURAL CURVE OF YOUR NECK
- SUPPORTS NERVOUS SYSTEM HEALTH
- SAFE AND EASY TO USE AT HOME



THANK YOU FOR THE REVIEWS



For my entire adult life, I was unsure about going to a chiropractor after hearing other people advise against it. I finally couldn't take the pain anymore, so I started reading reviews. I went to Millard Family Chiropractic & Wellness and haven't regretted it a bit. The pain in my lower back and hip is gone. The decompression therapy feels good. The staff are all very friendly and make every process a breeze. I now go just monthly to maintain all the work they did to fix me up. Hopefully, if you're on the fence about trying chiropractic care, this review will help you make a decision..

-Justin R.



Friendly, professional environment offering spinal decompression and many other techniques. I am doing spinal decompression and I have found good back relief pain. Also tried foot bath.

It felt amazing.

-Barb B.



Great place, good people and great results

-Tom F.



Dr. Kealey is amazing. She treats myself and my son on a regular basis . She is one of the first doctors I've met that actually makes me feel "heard" when I express my concerns. She is very knowledgeable in her practice and it shows in the results of her treatments. She is kind , funny and has the ability to connect with you no matter what level of life you're in. I found her by accident and I'm incredibly thankful. I would recommend her 11/10 times everytime !

-Charley W.

Stress + Sleep

Stress + Sleep is a dual-action supplement designed to help you stay balanced during the day and sleep soundly at night. The Stress capsules support focus, mood, and stress tolerance, while the Sleep capsules promote deep, restorative rest by calming the mind and supporting healthy brain chemistry.

Sleep Key Benefits:

- Supports deep, restorative sleep by maintaining healthy GABA levels
- Aids in enhancing alpha brain wave activity for a calm, relaxed mind
- Helps promote serotonin production for improved sleep quality
- Aids in reducing perceived daily stress for better nighttime relaxation



Stress Key Benefits:

- Helps the body find its optimal balance
- Improves attention, mood, and stress tolerance
- Enhances physical and intellectual performance
- Supports healthy nervous system function

WEST O FARMERS MARKET

Every Saturday May-October
8 am- 12 pm



Shop fresh local produce, baked goods, honey, and unique vendors, **all right here in our parking lot!!** Also will have a kids table and live music!

Wellness Recipe

Quick And Easy Greek Salad

INGREDIENTS

- 1 CUCUMBER, SLICED 1/4-INCH THICK
- 1 RED BELL PEPPER, LARGE-DICED
- 1 YELLOW BELL PEPPER, LARGE-DICED
- 1 PINT CHERRY OR GRAPE TOMATOES, HALVED
- 1/2 RED ONION, SLICED IN HALF-ROUNDS
- 1/2 POUND FETA CHEESE, 1/2-INCH DICED (NOT CRUMBLED)
- 1/2 CUP CALAMATA OLIVES, PITTED

FOR THE VINAIGRETTE:

- 2 CLOVES GARLIC, MINCED
- 1 TEASPOON DRIED OREGANO
- 1/2 TEASPOON DIJON MUSTARD
- 1/4 CUP GOOD RED WINE VINEGAR
- 1 TEASPOON KOSHER SALT
- 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
- 1/2 CUP GOOD OLIVE OIL



DIRECTIONS

1. PLACE THE CUCUMBER, PEPPERS, TOMATOES AND RED ONION IN A LARGE BOWL.
2. FOR THE VINAIGRETTE, WHISK TOGETHER THE GARLIC, OREGANO, MUSTARD, VINEGAR, SALT AND PEPPER IN A SMALL BOWL. STILL WHISKING, SLOWLY ADD THE OLIVE OIL TO MAKE AN EMULSION.
3. POUR THE VINAIGRETTE OVER THE VEGETABLES.
4. ADD THE FETA AND OLIVES AND TOSS LIGHTLY.
5. SET ASIDE FOR 30 MINUTES TO ALLOW THE FLAVORS TO BLEND.
6. SERVE AT ROOM TEMPERATURE

Why did the Chiropractor
become a musician?

BECAUSE THEY ALREADY KNEW
HOW TO HOLD A GOOD BACK BEAT



MAY 2026

I	E	B	N	E	G	D	G	W	B	G	Y	O	W
A	R	Z	H	J	Q	W	S	R	A	S	K	A	T
S	X	N	O	I	T	A	X	U	L	B	U	S	C
Y	C	J	V	U	E	Q	Y	R	Z	B	M	H	F
X	E	A	D	K	K	V	Z	H	E	V	I	T	K
M	S	Q	Y	X	I	L	E	B	O	R	M	N	R
E	M	X	U	J	W	I	Q	T	O	J	B	E	R
K	R	A	Y	X	R	C	N	P	K	X	Y	M	P
V	Z	U	L	N	B	F	R	D	K	M	R	T	W
C	N	Q	T	V	B	A	H	Y	F	S	N	S	N
N	E	C	K	S	C	A	C	K	O	D	C	U	L
F	X	L	L	T	O	A	O	K	Z	G	X	J	T
R	O	E	I	W	R	P	I	B	I	N	Z	D	V
S	K	C	C	Z	L	C	T	S	M	A	K	A	X

CHIROPRACTIC
SUBLUXATION
ADJUSTMENT

POSTURE
BACK
NECK

DO YOU FOLLOW US ON
FACEBOOK?!?!?




SCAN THE QR CODE
YOU CAN ALSO FIND US
ON INSTAGRAM
@MILLARDFAMILYCHIRO
AND ON TIKTOK
@MILLARDFAMCHIRO

OUR PATIENTS ARE THE BEE'S KNEES

- Cheri B.
- Dominique E.
- Dale G.
- Jay M.
- Cedrick B.
- Cece A.
- Rachel C.
- Courtney S.
- Noah D.
- Jennifer H.
- Laurel H.
- Tiffany K.
- Gerri K.
- Charlie A.
- Scot B.
- Ruth A.

YOUR REFERRALS KEEP OUR OFFICE BUZZING!!! THANK YOU!!

