

Millard Family
CHIROPRACTIC
& Wellness

WELCOME TO OUR

September Newsletter

A note from Dr. Sheri

September always brings a sense of change. The rush of back-to-school is starting to settle, new schedules are becoming more familiar, and the cooler days of fall are just around the corner. With this shift in season, it's also important to pause and check in on how our bodies are feeling.

In this month's newsletter, we'll be highlighting different products and services we offer that are designed to support your health, ease pain, and help you enjoy daily life with greater comfort. Our goal is always to provide you with tools and care that keep you moving, feeling your best, and ready for whatever this season brings.

**DID YOU
KNOW?!?!
MANY PEOPLE DON'T
REALIZE THAT
CHIROPRACTIC CARE
CAN BE INCREDIBLY
BENEFICIAL FOR
INFANTS. AFTER ALL,
BIRTH CAN BE TOUGH
ON A TINY BODY! THESE
GENTLE ADJUSTMENTS
ARE SPECIFICALLY
TAILORED TO THEIR
NEEDS AND ARE
COMPLETELY SAFE**

National Pain Awareness Month

September is National Pain Awareness Month, a reminder of the importance of caring for your body and staying consistent with the natural relief chiropractic provides. Each adjustment helps support your body's ability to heal, reduce stress on your nervous system, and keep you moving comfortably. Thank you for making your health a priority!

Service Highlight



ERCHONIA
World Leaders in Low Level Laser Technology

Low Level Laser for Chronic Pain

The Erchonia FX 405 is an FDA-cleared, low-level laser designed to provide safe, non-invasive relief from chronic pain. This gentle, light-based therapy works at the cellular level to reduce inflammation, improve circulation, and promote the body's natural healing processes—helping you move and feel better without drugs or surgery.

Benefits of Laser:

- **Proven, drug-free solution for chronic pain**
- **Reduces inflammation and discomfort at the source**
- **Improves circulation and accelerates natural healing**
- **Safe, gentle, and non-invasive with no downtime**
- **Comfortable treatment sessions that fit easily into your care plan**



Thank you for the reviews



This chiropractor is amazing! I've never been to one before and they walked me through their whole process. I learned about spine health and why it's important to keep up with chiropractic care. I have Dr. Kealey who is so sweet and informative. She helped me with a pinch nerve that I no longer have due to being adjusted correctly.

I 100% suggest this business.

-Kiley S



The exam was very thorough and staff was professional and friendly.

-Kim S.



Dr. Sheri and her whole staff are professional, knowledgeable and very welcoming.

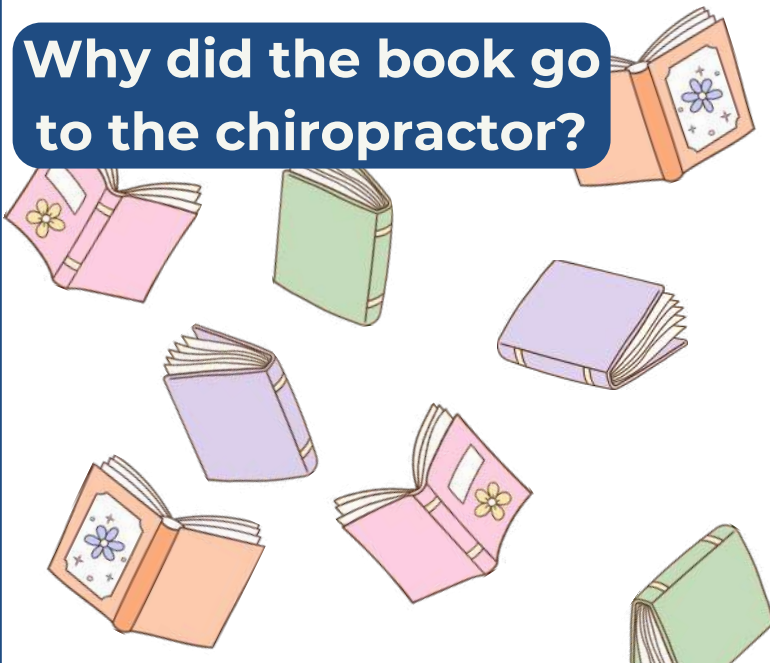
I highly recommend Millard Chiropractic & Wellness for your wellness needs.

-Beth H

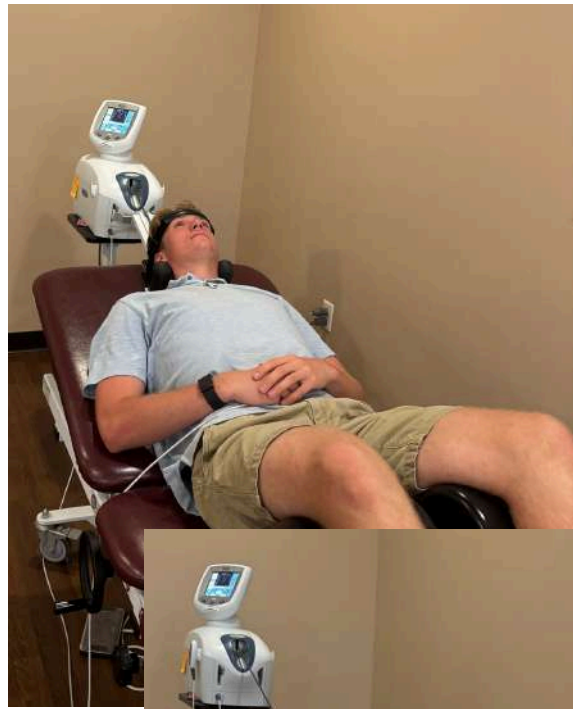


Scan here to share your experience with
Millard Family Chiropractic & Wellness

Why did the book go
to the chiropractor?



It had a problem
with its spine!

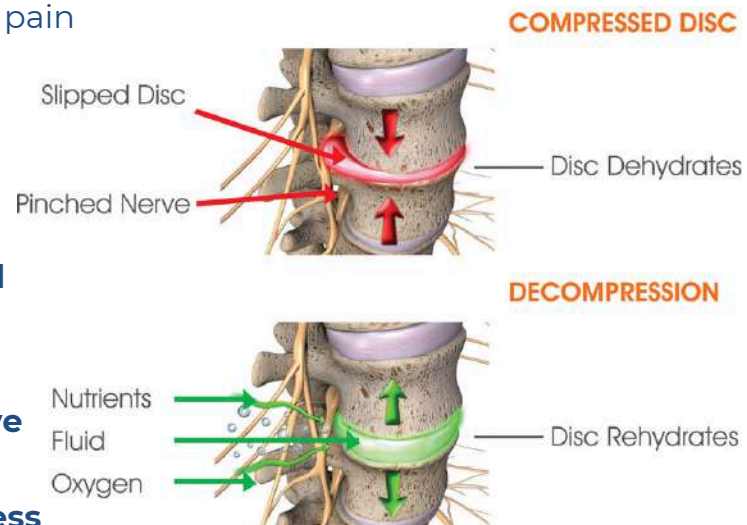


DECOMPRESSION

Spinal decompression therapy is a safe, non-surgical treatment used to relieve pressure on the spine and surrounding nerves. Whether in the **lumbar (lower back)** or **cervical (neck)** regions, decompression helps address common conditions like herniated discs, spinal stenosis, and nerve impingement. By gently stretching the spine, we help create space, promote healing, and reduce pain naturally.

Benefits of Decompression:

- Relieves neck, back, arm, and leg pain
- Improves posture and spinal alignment
- Promotes natural healing through increased circulation
- Enhances mobility and range of motion
- Reduces the need for medications or invasive procedures
- Supports long-term spinal health and wellness



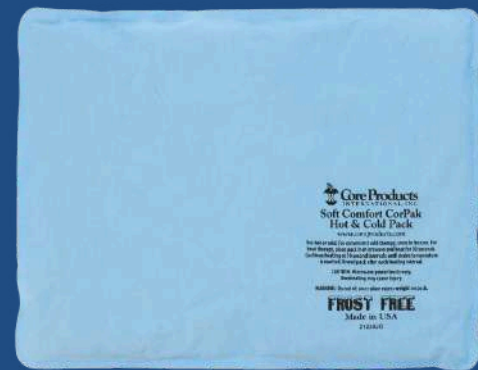
Product Highlight

Hot /Cold Pack

The Hot/Cold Packs offer simple and effective hot or cold therapy. These versatile packs are designed to ease headaches, soothe muscle tension, and reduce inflammation from strains, sprains, bruises, and other soft tissue injuries. These reusable packs can be heated or chilled, making them a versatile tool for both acute injuries and chronic discomfort.

Benefits of Hot/Cold Packs:

- Provides soothing relief for sore muscles, stiffness, and joint pain
- Freeze for cold therapy or heat in the microwave for hot therapy
- Hot therapy increases circulation and relaxes tight muscles
- Cold therapy reduces inflammation and swelling after activity or injury
- Reusable, durable, and convenient for home use



Supplement Highlight

Reacted Magnesium Powder

Magnesium is essential for every organ in the body—especially the heart, muscles, and kidneys, yet up to 80% of Americans may not get enough. Reacted Magnesium Powder provides 300 mg of highly absorbable, gentle-on-the-stomach magnesium bisglycinate in a tasty strawberry mix. This easy-to-use powder supports muscle relaxation, healthy nerve function, energy production, restful sleep, and overall calm, making it a simple way to add daily magnesium to your wellness routine.

Key Benefits:

- Supports cardiovascular, muscle, and kidney health
- Highly absorbable form for maximum effectiveness
- Helps maintain healthy magnesium levels
- Promotes relaxation and reduces occasional muscle cramps
- Easily mixes into any beverage for convenient daily use



Program Highlight

Knee Support Kit

If knee pain has been slowing you down, you're not alone and more importantly, you don't have to live with it. The Blueprint Knee Kit is a complete, doctor-supervised program designed to target the root causes of knee discomfort while giving your joints the circulation, nutrients, and support they need to recover and stay strong. By combining advanced home therapies, powerful nutritional supplements, and simple lifestyle guidance, this easy-to-follow 90-day plan helps reduce pain, improve mobility, and restore confidence in your everyday movement.



Key Benefits:

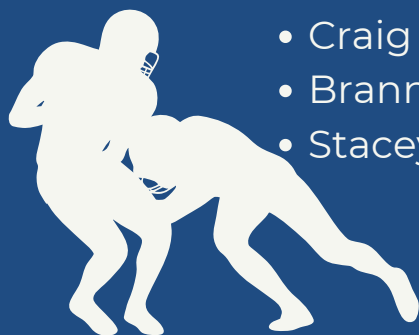
- Provides relief to sore joints through a topical and internal effect.
- Helps to manage a healthy inflammatory response in joint tissue.
- Reduces generalized anxiety symptoms, and serves as a general relaxant.
- Shortens joint recovery from injury and trauma.

Take the Next Step Toward Pain-Free Knees

Knee pain doesn't have to control your life. The Blueprint Knee Kit combines advanced home therapy, targeted supplements, and lifestyle guidance to reduce inflammation, restore circulation, and strengthen your joints. This doctor-supervised program is simple, effective, and designed to fit into your daily routine.

👉 **Ask your doctor today if the Blueprint Knee Kit is right for you and start moving with confidence again!!**

MEET THE DEFENSIVE LINE FOR TACKLING SUBLUXATIONS

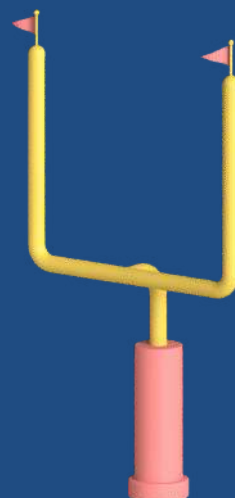


- Craig K.
- Brannan L.
- Stacey M.

- Ruth A.
- Mo J.
- Mitch M.
- Tiffany K.
- Ashton Z.

- Adelyn R.
- Rachel C.
- Jill F.
- Jeff F.
- Andrea Z.

Thank You!



We scored with your referrals