

The Source Newsletter



*"Medicine is the study of disease
and what causes man to die.
Chiropractic is the study of health
and what causes man to live."*

— B.J. Palmer



Changing Lives, One Year at a Time

This month, we're **celebrating 8 years** of healing, hope, and life-changing results.

Eight years of helping people do what they thought was impossible—walk without pain, ditch the meds, cancel the surgery, and finally get their lives back.

We're beyond grateful for every patient, every family, and every person who's trusted us to be part of their journey.

If that's you—thank you. If you're new here—welcome to something different. Something real. Something that works.

Align the Spine. Unlock the Healing.

Your low back wasn't built to break down.

It was made to move, lift, and support you. But too often, it becomes the weakest link. And once pain starts, it doesn't just slow you down—it affects how you walk, sleep, think, and live.

Your spine is armor for your nervous system. When it's even slightly off, everything else is too.

Here's what we see every day:

- Stiffness or tight muscles?
- Numbness, tingling, or leg pain?
- Pain after sitting, standing, or walking too long?

Those aren't random. They're signals.

Your body is asking for help—and we listen.

The fix?

Not another prescription.

Not surgery.

And definitely not "just getting older."

The real solution is **strengthening, stabilizing, and correcting the spine** at the source. We call it neurologically-based chiropractic care. And it works.

Whether you're chasing grandkids or chasing a PR at the gym, your spine is either supporting your goals—or stopping them.

Upcoming Doc Talk

Bulletproof Your Low Back

July 16 | 5:30 PM | Vero Health Center

Want to know how to protect your spine for life—without surgery or endless pain meds?

Join us for this month's Doc Talk and discover how to make your low back bulletproof.

RSVP today—limited spots available!

Say Hello To Ally! 🙌

If you've noticed our emails, events, or social posts looking a little extra lately... that's thanks to Ally, our new Marketing Coordinator!

Ally's the storyteller behind the scenes—capturing real healing wins, keeping you in the loop, and making sure more people discover the hope that lives at Vero.

She's passionate about purpose, creativity, and helping others feel connected to their health journey.

Be sure to say hi next time you're in. (She's the one with the big smile and an even bigger heart.)

