

doyle chiropractic and family wellness

Doyle Chiropractic and Family Wellness: Your Path to a Healthier, Happier Family

Are you searching for a holistic approach to healthcare that prioritizes the well-being of your entire family? Are you tired of running from specialist to specialist, hoping to find solutions for nagging aches, persistent pain, and overall poor health? At Doyle Chiropractic and Family Wellness, we believe in a different path – one that focuses on preventative care, personalized treatment, and empowering you to take control of your health journey. This comprehensive guide will explore the philosophy and services offered at Doyle Chiropractic and Family Wellness, helping you understand how we can support your family's health and wellness goals.

Understanding the Doyle Chiropractic and Family Wellness Approach

Our practice at Doyle Chiropractic and Family Wellness is built on a foundation of gentle, effective chiropractic care combined with a holistic approach to wellness. We don't just treat symptoms; we identify and address the root causes of your discomfort. We understand that your family's health is interconnected – a problem in one area can often impact others. Therefore, our treatments consider the whole person, taking into account lifestyle factors, diet, and overall well-being.

We firmly believe in the body's innate ability to heal itself. Our role is to remove interference – often stemming from misalignments of the spine – that prevents this natural healing process. By restoring proper spinal alignment, we aim to improve nerve function, reduce pain, and enhance overall health and well-being for every member of your family.

Services Offered at Doyle Chiropractic and Family Wellness

Doyle Chiropractic and Family Wellness offers a wide array of services designed to cater to the unique needs of each family member. These include:

Chiropractic Adjustments: Our gentle, precise adjustments are tailored to individual needs, addressing spinal misalignments and promoting optimal nerve function. We utilize a variety of techniques to ensure comfort and effectiveness.

Massage Therapy: Massage therapy complements chiropractic care by relieving muscle tension, improving circulation, and promoting relaxation. Our skilled massage therapists use a variety of modalities to address specific needs.

Rehabilitation Exercises: We provide personalized rehabilitation exercises to strengthen muscles, improve flexibility, and enhance overall physical function. These exercises are crucial for preventing future injuries and maintaining long-term wellness.

Nutritional Counseling: Good nutrition plays a vital role in overall health. Our nutritional counseling services provide guidance on making healthy food choices to support your body's healing and well-being.

Wellness Workshops and Education: We offer a variety of workshops and educational resources to help families learn more about healthy living, preventative care, and self-management techniques. These workshops empower you to take an active role in your health.

Why Choose Doyle Chiropractic and Family Wellness?

Choosing the right healthcare provider is a significant decision. Here's what sets Doyle Chiropractic and Family Wellness apart:

Family-Centered Approach: We understand the unique needs of families and strive to create a comfortable, welcoming environment for all ages.

Personalized Treatment Plans: We don't believe in a "one-size-fits-all" approach. Your treatment plan will be customized to address your specific concerns and goals.

Experienced and Compassionate Team: Our team of experienced and compassionate healthcare professionals is dedicated to providing the highest quality care.

Convenient Location and Scheduling: We offer flexible appointment scheduling to accommodate busy family lives.

Commitment to Holistic Wellness: We go beyond symptom relief to address the underlying causes of your health concerns, empowering you to live a healthier, more fulfilling life.

Addressing Specific Family Needs

From newborns to senior citizens, Doyle Chiropractic and Family Wellness provides care tailored to every stage of life. We understand the specific health challenges faced by different age groups and have the expertise to address them effectively.

For babies and children, gentle chiropractic adjustments can help address colic, ear infections, and other common childhood ailments. For adults, we address issues like back pain, neck pain, headaches, and sciatica. And for seniors, we focus on improving mobility, reducing pain, and maintaining independence.

Beyond the Treatment Room: A Commitment to Community

At Doyle Chiropractic and Family Wellness, we believe in giving back to the community that supports us. We actively participate in local health fairs, community events, and educational initiatives to promote overall wellness and empower individuals to take charge of their health.

Conclusion

Doyle Chiropractic and Family Wellness is more than just a chiropractic clinic; it's your family's partner in achieving optimal health and well-being. Our holistic approach, personalized treatment plans, and commitment to community make us the ideal choice for families seeking a proactive, effective, and compassionate healthcare experience. Contact us today to schedule a consultation and discover how we can help your family thrive.

FAQs

1. Do you accept insurance? We accept most major insurance plans. Please contact our office to verify your coverage.
1. What should I expect during my first visit? Your first visit will include a thorough consultation, examination, and discussion of your health concerns and goals.
1. Are your adjustments painful? Our adjustments are gentle and precise. While you may experience some slight discomfort, it is generally minimal.
1. What age group do you treat? We treat patients of all ages, from newborns to seniors.
1. How often will I need appointments? The frequency of your appointments will depend on your individual needs and treatment plan. This will be discussed during your initial consultation.

doyle chiropractic and family wellness: *Fast Track Networking* Lucy Rosen, Claudia Gryvatz Copquin, 2010-06-20 How to quickly expand your professional contacts—and your opportunities: “[An] easy-to implement plan to step up networking efforts.” —Donna Drake, producer and host, Live It Up! Fast Track Networking gives you the tools you need to make networking simpler, quicker, and much more effective. You’ll be amazed at the opportunities that will unfold once you begin to network right . . . and unconditionally. Through hundreds of valuable tips and dozens of networking success stories, you’ll learn the tricks of the trade from the woman dubbed the “Queen of Networking,” including how to: Grow your inner circle of 10 to an “outside circle” of 20 Turn 300 networkers into 3,000 new prospects Make the all-important first moves that can lead to a lasting business partnership Meet key decision-makers—and fold them into your trusted inner circle

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doyle chiropractic and family wellness: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print

supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

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doyle chiropractic and family wellness: Alternative Medicine for the Elderly P. Cherniack, 2003-04-23 This book on complementary alternative medicine (CAM) for the Elderly provides a critical and objective evaluation of alternative medical therapy for the elderly. The focus on practical aspects such as adverse effects and general risks of various therapeutic methods makes it a valuable reference book for the general practitioner, for geriatricians and professionals within the area of alternative medicine, but also for interested laypeople. In the three sections, Epidemiology, Types of CAM, and Common Medical Problems and CAM, a broad range of issues are covered. They range from drug compliance in elderly people to CAM in the treatment of specific conditions such as pulmonary diseases, arthritis or cancer. The above features and in particular the unbiased approach to discuss the pros and cons of CAM make this publication a must-have for everybody searching for detailed information on alternative medicine for the elderly.

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doyle chiropractic and family wellness: Roll Models Richard Holicky, 2004 I thought life was pretty much over. Paul Herman I was afraid people wouldn't see me for who I still was. Cathy Green I didn't need this to be a better person. Susan Douglas I wasn't sure I wanted to live "this way." Kevin Wolitzky The above four people and 49 more just like them went on to find high levels of success and lead satisfying lives. Together they tell 53 stories of moving forward to meet all the challenges, fears, obstacles, and problems common to the life-altering circumstances after spinal cord injury, and doing it without benefit of wealth, large settlements or solid health coverage. Ranging in age from 21 to 67, disabled from three to 48 years they share 931 years of disability experience. Roll Models is a valuable new resource for recently injured people and their families, and for nurses, therapists, psychologists and all other professionals who treat, work with and care for people with spinal cord injury. Straight from the horse's mouth, survivors explore their experiences with disability and answer many questions those in rehab are asking: Early Thoughts What were your thoughts immediately following injury? What were your initial thoughts and reactions regarding SCI and the future? The First Years What were your biggest fears during that first year or so? How did you get past those early fears? Changes, Obstacles and Solutions How much different are you now, compared to how you were before injury? What's been the biggest obstacle? How did you address these obstacles? Finding What Works What have been the most difficult things for you to deal with since injury? What's the worst thing about having an SCI and using a chair? What's been your biggest loss due to injury? Is SCI the worst thing that ever happened to you? Tell me something about your problem solving skills. How do you deal with stress? What do you do to relieve stress? Salvations, Turning Points and More Was there any one thing that was your salvation or key to your success? Was there a turning point for you when you began to feel things were going to get better? What personal factors, habits and beliefs have helped you the most? SCI and Meaning Do you find any meaning, purpose or lessons in your disability? Did any positive opportunities come your way because of your injury? What's your greatest accomplishment? What are you most proud of? A wonderful roadmap with many alternate routes to living and thriving with SCI. Minna Hong, SCI survivor and Peer Support Coordinator/Vocational Liaison, Shepherd Center Avoids the trap of providing a "one size fits all mentality" and provides solutions as varied as the individuals used as examples. Accentuates the positives while not sugar coating the difficulties. Essential reading. Jeff Cressy SCI survivor and Director of Consumer and Community Affairs, SCI Project, Rancho Los Amigos A great resource for people as they venture out into the world, or search for meaning and a deeper, richer life. Filled with examples of real people and their real experiences. Terry Chase, ND, RN; SCI survivor; Patient & Family Education Program Coordinator, Craig Hospital A wonderful tool for the newly spinal cord injured individual, as well as the therapists and counselors working with them. This certainly hits the mark in capturing important survival strategies. Jack Dahlberg, SCI survivor, Past President of the National Spinal Cord Injury Association Artfully crafted and organized, Roll Models sensitively portrays life following spinal cord injury. Informative, creative, sensitive, as well as infused with humor and a kind heart. Recommended with my highest accolades. Lester Butt, Ph.D., ABPP, Director of the Department of Psychology, Craig Hospital

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famous resident -Sherlock Holmes Known and loved for over a century, this shrewd amateur detective, with the faithful Watson by his side, has delighted readers across the world. This handsome omnibus edition stands as a lasting tribute to the indestructible sleuth and his famous creator. A Study in Scarlet The Sign of Four The Adventures of Sherlock Holmes The Memoirs of Sherlock Holmes The Return of Sherlock Holmes The Hound of Baskervilles The Valley of Fear His Last Bow The Case-Book of Sherlock Holmes.

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doyle chiropractic and family wellness: *Obedience Over Hustle* Malinda Fuller, 2019-09-01 The world promises recognition and promotion if we hustle harder, but at what cost? Join the counter-cultural movement of choosing surrender over striving. Throughout scripture, we encounter individuals who had to face the hard reality that their dreams and time lines weren't God's best plan. By exploring these biblical narratives alongside her own personal stories of radical obedience, author Malinda Fuller encourages readers to respond to the questions God asks each of us: Will you trust Me? . . . Will you do what I'm asking you to do?" Fuller's challenge to all of us is to yield to God's voice—no matter where He leads or what He asks, whether it's complicated or straightforward, accepted by others or challenging to understand, and regardless of how it makes us feel (even if it appears foolish). May we have the courage to surrender to His plan and His timing—to choose obedience over hustle.

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metabolic changes in PCOS, treatment to restore fertility in endometriosis and how to improve implantation, which are common aspects of daily clinical practice. It also addresses significant novel areas like the biological clock in human reproduction, reproduction at advanced parental age and medical and social egg freezing, offering valuable insights for patients and their doctors. Further, the book covers various areas of growing importance, such as how to access the uterine cavity; the future of imaging in reproduction; non-invasive prenatal testing; ART and male infertility; as well as breast cancer and fertility preservation. Last but not least, it examines the medical, ethical and legal aspects of a number of challenges for current and future reproductive medicine, including uterine transplantation and human genetic modification. Bringing together updates on some of the most important problems in reproductive medicine and also covering ethical and legal bases, this book offers an overview of potential treatments for infertility. As such, it is a valuable resource for gynecologists, obstetricians, endocrinologists and all specialists dealing with reproductive health.

doyle chiropractic and family wellness: The DASH Diet Cookbook Mariza Snyder, Lauren Clum, Anna V. Zulaica, 2012-03-13 Learn to make delicious, filling & healthy meals following the DASH Diet, named the #2 best diet by U.S. News and World Report's experts. Packed with amazingly tasty recipes, creative meal plans and complete nutritional information, this cookbook makes following the DASH diet a snap. The 140 easy-to-make recipes provide a mouthwatering way to eat great, lose weight, lower blood pressure and prevent diabetes without feeling deprived. QUICK AND HEARTY BREAKFASTS • Berry Banana Green Smoothie • Veggie Frittata with Caramelized Onions ENERGY-BOOSTING LUNCHESES • Mexican Summer Salad • Chicken Fajita Wraps FAST AND FABULOUS SNACKS • Roasted Zucchini Crostini Dip • Grilled Sweet Potato Steak Fries SATISFYINGLY DELICIOUS DINNERS • Turkey Meatballs in Marinara Sauce • Ginger-Apricot Chicken Skewers TASTY AND WHOLESOME DESSERTS • Grilled Peaches with Ricotta Stuffing and Balsamic Glaze • Mini Cheesecakes with Vanilla Wafer Almond Crust Named the number-one diet in terms of weight loss, nutrition and prevention of diabetes and heart disease, DASH (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. Including a twenty-eight-day meal plan, easy-to-follow exercise advice and tips for keeping to the diet when on the go, this cookbook is the ultimate guide to living healthy.

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overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

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doyle chiropractic and family wellness: Management of Dyslipidemia Wilbert S. Aronow, 2021-07-21 Dyslipidemia is a major risk factor for cardiovascular events, cardiovascular mortality, and all-cause mortality. The earlier in life dyslipidemia is treated, the better the prognosis. The

current book is an excellent one on dyslipidemia written by experts on this topic. This book includes 12 chapters including 5 on lipids, 4 on hypercholesterolemia in children, and 3 on the treatment of dyslipidemia. This book should be read by all health care professionals taking care of patients, including pediatricians since atherosclerotic cardiovascular disease begins in childhood.

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doyle chiropractic and family wellness: The World's Best Kept Health Secret Revealed Wellness Doctors Leading Wellness Doctors, 2004-10 Using the latest scientific and peer-reviewed research, these leading wellness Doctors of Chiropractic explore how to provide you with new levels of energy, health and wellness. They show you ways to stop and reverse health challenges and make conscious choices that could transform your life and the lives of your loved ones. They provide you information which could help you heal yourself and then, using what you have learned, help you heal your family. Doctors of Chiropractic are trained to identify within the nervous system causes of poor health, illness and injuries. Without using drugs, invasive techniques or surgery, Doctors of Chiropractic help the body naturally reverse current health problems and prevent future ones. Each year, 30 million people choose this proven form of healthcare and wellness care.

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