



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



2014 – For Better or Worse

The start of this New Year has been really cold; some of the worst cold we have seen in a few years. This will pass and the 30 degree days will seem like spring. Winter is a time for all of us to sit back, relax and rejuvenate ourselves as nature does. This is a great time to think about what we can do to make our lives and the lives of the people around us better and more meaningful. Sometimes change is needed if our lives are not as fulfilling as we would like. **The only person that can change you – is you.** The rush of the holidays is over so sit back and determine **how 2014 can be better for you.** Without a plan, the same old routine habits will just keep grinding out the same old results of possible poor health. Is your health as good as it could be? Are you stressed out? Do you eat food that nourishes your body and not just fill you up? Try to make simple little changes like eating 3-4 more fruits or green vegetables each day. Sit and stand up straight with your head over your shoulders so your muscles don't fatigue and you can breathe deeply. The newest public health epidemic is sitting too much and moving too little. With every commercial on TV, stand up and just march in place and with the amount of commercial time, just think how much simple exercise you could get. Getting enough sleep will reduce stress and help you lose weight.

In the last few months, many of my patients have made **kind comments** about how much they trust me for their health care and advice. It is gratifying to know that I am making a difference in people's quality of life. I am amazed at patients who have not been to the office in 5, 8 or 15 or more years stating that they have been feeling good for that long and remember that they were treated effectively and quickly when a new problem arose. It also amazes me when patients remember when I told them that I could NOT help them with a problem, but recommended another doctor who I felt could help them.

As most of you will hopefully agree, **my style of practice is unique** in that it blends many disciplines when evaluating patients. My **"tool bag"** includes orthopedics, rehabilitation, acupuncture, ear acupuncture, laser therapy, physiotherapy, kinesiotaping, a gentle approach to chiropractic manipulations and a positive attitude. What I do is based on evidence based science. The results achieved are from first understanding what the patient's problem is and then using the tools and many years of experience to help them get out of pain. I then try my best to educate them in ways of avoiding the same problems in the future.

I would ask you to do one thing for your friends and family this year. When they have problems, strongly suggest they get to my office for evaluation. Have them visit our website at www.weberchiro.net so they can better understand me and my practice. If they are unwilling to make an appointment, have them call for a telephone consultation that I will do at the end of the day, which is usually around 6-6:30. I enjoy helping people and intend to continue for many years while continuing to learn and acquiring more tools.

Again, thank you for being our patient!
We appreciate you and look forward to serving you.

David J. Weber, D.C., D.A.B.C.O.
289 Sinsinawa Ave
East Dubuque, IL 61025
www.weberchiro.net

(815) 747-6548