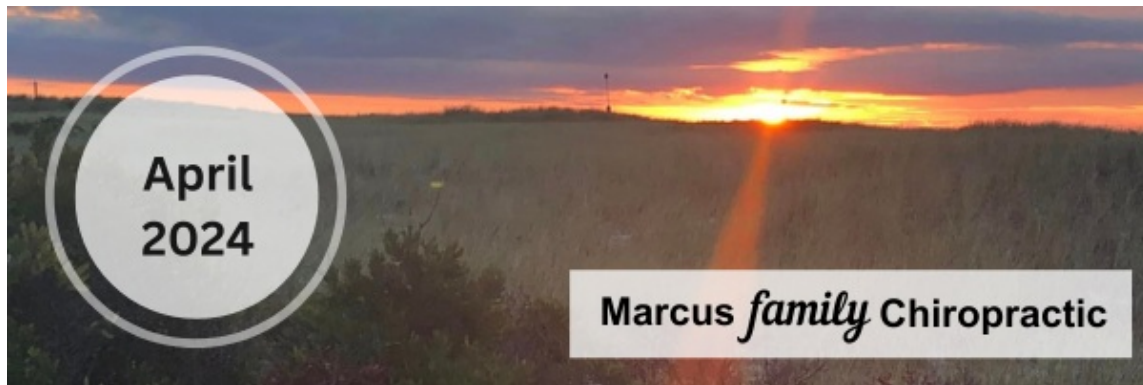


**The Subluxation-Free Press** *est. 1990*  
*"inspiring, educating and celebrating our Chiropractic community"*



Winter's past. It's a new season and the earth warms, renews. And even with so much going on, it's a wonderful gift to be alive, to witness the change that surrounds us and to be in gratitude.

I invite you to pause whatever you're doing and just BE for a second. Look around you and take in the colors, the sights, sounds and textures. Then, take a breath! By the way, if you did all that AND interpreted my words here, think about all that your brain just did.

You are amazing!

Right this second, this instant, there are new cells building within you, old ones dying off. The moisture in your eyes is perfectly set. Your most recent meal is being digested, absorbed, with energy created to transport to where it's needed. The saliva in your mouth your muscles, tendons, are the right measure and tone. Now take another breath.

Now I'll ask you what I ask the children when presenting a chirokid classroom workshop\*:

**How did your body do all those things, even when sleeping?**

**How did your body get SO smart?**

There is an intelligence to life; simple as that. In Chiropractic we refer to it as an Innate Intelligence (II). This II controls, regulates, and aids in adaptation 24/7 from conception to death. (Are you still breathing? Good! Notice I really didn't have to prompt you, it's INNATE, just like all the thousands of things you do without thinking about it.)

It uses your nerve system (brain, spinal cord, nerves) as the highway down to your toes and back and everywhere in between. Soo...

We all should want this process *to function unimpeded*, all the time, for our whole life. That's the sole mission of Chiropractic. To assure uninterrupted transmission from above, down and inside-out by keeping the nerve system clear, open and subluxation-free. That's what I've been trained to do and have practiced for over 3 decades. Getting a spinal checkup and adjustment if needed is a brilliant way to live

life to the fullest.

PS you know by now I get checked regularly and have for the past 50 years!  
It just makes good sense.

If you know that needs to hear and understand this, please have them call. Consults are always on the house. We're in amazing season of renewal, planting the seeds of better health and growing health in community.

Want to be a gardener for someone else to grow and learn? Read below!

See you on the tables!

*\*PS -Teachers: I am open and available to bring a fun presentation to your class.*

Call 610-974-8900 to Schedule an Appointment

## April Calendar



Marcus Family Chiropractic

610.974.8900 [www.ChiroMom.com](http://www.ChiroMom.com)

### Planting Seeds For Better Health

If you know someone who is ready to **SPRING** into Improved **LIFE & FUNCTION**, Please present them with a seed packet from our office.

**SPRING SPECIAL:**  
Complete Initial Exam and X-rays\*  
Only \$150.  
(up to \$180 savings)  
\*if needed



Expires 5/16/24

### SPRING CLEANING?

- Stretch first.
- Lift with legs.
- Keep a straight spine when lifting.
- Get adjusted regularly.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9-12 3-6	2	3 9-12 3-6	4 Dr. Jess 9-12 3-6	5	6
7	8 Dr. Jess 9-12 3-6	9	10 9-12 3-6	11 9-12 3-6	12	13 BACK PORCH 7:45-11
14	15 9-12 3-6	16	17 9-12 3-6	18 9-12 3-6	19	20
21	22 9-12 3-6	23	24 9-12 3-6	25 9-12 3-6	26 Arbor Day 	27 BACK PORCH 7:45-11
28	29 9-12 3-6	30	PLEASE NOTE OFFICE WILL BE CLOSED ON WEDNESDAY, MAY 1st			

Planting seeds for better health! - Growing/cultivating our Community  
**Pick up a seed packet/coupon and share with a friend.**

When they come, Our New Patient Spring Special, includes complete initial exam and x-rays (if needed) for \$150.

Click Here to View the Calendar

# Asparagus Ham Dinner



- 2 cups uncooked corkscrew or spiral pasta
- 3/4 pound fresh asparagus, cut into 1-inch pieces
- 1 medium sweet yellow pepper, julienned
- 1 tablespoon olive oil
- 6 medium tomatoes, diced
- 6 ounces boneless fully cooked ham, cubed
- 1/4 cup minced fresh parsley
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/8 to 1/4 teaspoon cayenne pepper
- 1/4 cup shredded Parmesan cheese

Cook pasta according to package directions. Meanwhile, in a large cast-iron or other heavy skillet, saute asparagus and yellow pepper in oil until crisp-tender. Add tomatoes and ham; heat through. Drain pasta; add to mixture. Stir in parsley and seasonings. Sprinkle with cheese.

*Source: <https://www.tasteofhome.com/recipes/asparagus-ham-dinner/>*

## Why Chiropractic?



Doctors of Chiropractic detect and correct vertebral subluxations by physically adjusting the spine. This restores the spine and nervous system to a more optimal level of function, which maximizes the body's performance and healing potential.

Find a chiropractor:  
[icpa4kids.org](http://icpa4kids.org)

PHOTO COURTESY OF THE OHMS

## Our Patients Speak

“

**Dr. Marcus has been caring for me for 20+ years. When I walk in the office feeling bad, I walk out feeling wonderful. I truly know that she will help me whenever I'm not feeling my best.**



**Help Someone Bloom--**

You found us through a friend, family



member or online referral.

Would you be willing to share your positive experience with others?

Someone right now is looking for HOPE and your review could make a HUGE difference.

So EASY.. Just click the link below or tap the QR Code



[Click Here Enter your GOOGLE Review](#)

**Stay connected between appointments.**

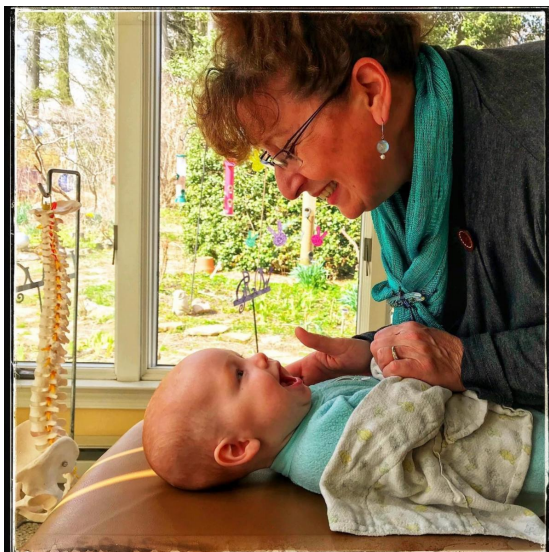
**Follow @drnalynchiro on Instagram!**

**Like us on Facebook at Marcus Family Chiropractic!**

[Join Us on Instagram](#)

[Follow Us on Facebook](#)

[Visit our website](#)



#### ***MY MISSION - MY PROMISE***

*-To serve specific, affordable Chiropractic to individuals and their families for the purpose of detecting and correcting vertebral subluxations, so that life may best express and adapt innately for each person's best potential.*

*-To deliver both excellence and spinal hygiene and ongoing education in an environment that serves a diverse community with 100% courtesy at each visit.*

*-To provide the best chiropractic adjustment I can, respecting each individual's unique needs and circumstance,*



*-To continue to develop and improve my skills as I deliver the art, science and philosophy of Chiropractic to my practice members and families.*

*--#--*

*Dr. Nalyn Marcus*



Marcus Family Chiropractic | 820 Eaton Avenue, Bethlehem, PA 18018

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