

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



This is one of my favorite walls in the office. The Chiro kids 'How Tall Wall'. It's in pencil, and a bit smeared, as kids' heads and hair have leaned in to be measured for the last 17 years I've been in this grace-filled space.

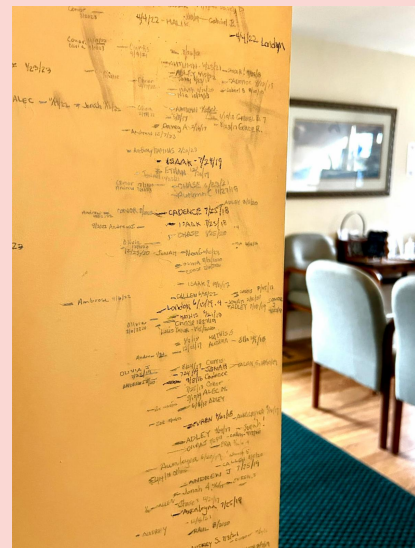
The kiddos come in and will go to the wall to find their name and see how they've grown especially if they are back from vacation or visiting after moving away. The kids especially enjoy comparing heights with their siblings!

I have one young man's mark, all the way to the ceiling, where I needed my pop up step stool to reach the pencil over top. Adam is now a 3rd year West Point cadet and I'm so proud of him and to have been his chiropractor since age 5. He's outgrown the kids how tall wall, but holds a place of honor for sure. Maybe Noah, in 2nd place, will catch him. We'll know soon!

Our children: We love them, feed them, adjust them, they grow, and off they go. As this goes to press, I had some very special time with one of my chirokids today. Weekly since age 7 and now 21. Last adjustment with me today, as he is moving out of state to follow his dream. Adjust, bless, hug, chat, get a good chiropractic referral and take a selfie. Sniffle and smile. Family practice is like that. I have to know I gave him my best each and every week and taught him about his body's amazing adapting and healing gifts. I know he'll continue his care in his new home and career and go far..

Oh the places a healthy spine and nerve system can go! (Seuss reference)
So stay in school and stay well-adjusted. The world needs more Chiro kids to become awesome subluxation-free citizens, artists, parents, dancers, farmers, neuropsychologists, teachers, chefs, and of course future chiropractors!

And while I don't have a Tall Wall for the adults in our practice, I see your growth, too! How you literally stand taller after an adjustment and hold your head higher and walk with confidence and more ease out into the world to make a difference. I'm also proud of the way you learn how to live your brightest life including regular



adjustments to keep light, life, and love flowing through.

Dr. Nalyn



8 reasons

kids need chiropractic

parents have reported...

Improves
spinal
posture

Assists with
bed-wetting
and sleep
issues

Alleviates
digestive
problems

Helps with
asthma,
breathing
difficulties

Strengthens
immunity

Enhances
their overall
health and
wellbeing

Assists with
behavioral
disorders

Maximizes
their neural
plasticity

@generationschiropractic

Call 610-974-8900 to Schedule an Appointment

February Calendar



It Only Takes
a Spark...

...to light up a life
with Chiropractic.

Limited time Referral/Gift Certificate
program. *Ask at the front desk.*



**'SOUP'er BOWL
MONDAY!**

Come in and enjoy a
hot bowl of soup
on the afternoon
of the 12th!



hello **2024**
february

H.O.P.E.
Help Other People Eat

Drop off your donation
Jan 15th—Feb 15th
and help us feed the hungry!

**GIFT BASKET
RAFFLE!!**

Each bag donated earns you
one entry into our
Gift Basket Raffle!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Last Day for Non-Perishable Food Donations is Feb 15				1 9-12 3-6	2 	3 BACK PORCH 7:45-11:00
4	5 9-12 3-6	6	7 9-12 3-6	8 9-12 3-6	9	10
11 'SOUP'er BOWL MONDAY!	12 9-12 3-6 	13	14 9-12 3-6	15 9-12 3-6	16	17 BACK PORCH 7:45-11:00
18	19 WE ARE OPEN! 9-12 3-6 	20	21 9-12 3-6	22 9-12 3-6	23	24 Nat'l Tortilla Chip Day
25	26 9-12 3-6	27	28 9-12 3-6	29 9-12 3-6 	Make the most of it!	

[Click Here to View the Calendar](#)



Weather ? Are we Open?

Always good to check first! The Lehigh Valley has all kinds of weather. **If you're not sure, call first.** Voice mail will be updated by 8am to notify of any changes. Open, Closed, or open and on a walk-in schedule (shovel out and come on in, no appointment time needed) We will have boot covers and some hot tea and great adjustment waiting for you. Safety first!

Why Chiropractic?

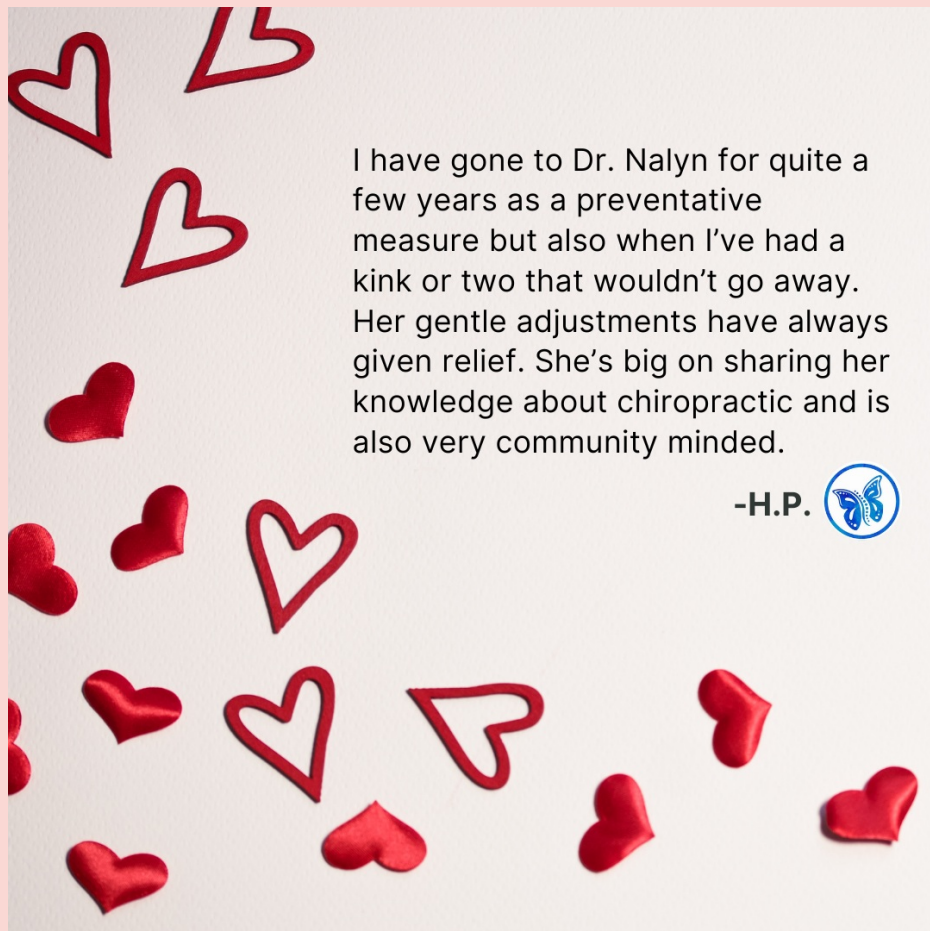


Ignite your innate potential with
a chiropractic adjustment!

Find a chiropractor:
icpa4kids.org

PHOTO COURTESY OF MORGAN SESSIONS

Our Patients Speak



I have gone to Dr. Nalyn for quite a few years as a preventative measure but also when I've had a kink or two that wouldn't go away. Her gentle adjustments have always given relief. She's big on sharing her knowledge about chiropractic and is also very community minded.

-H.P.



Share the Love



Word of mouth referrals are still the best, but **your posted Chiropractic story and good words help others seeking our services.**

People respond to YOUR words.
Someone right now is
looking for HOPE.

So EASY.. Just click the link below.

[Click Here Enter your GOOGLE Review](#)

Stay connected between appointments.

Follow @drnalynchiro on Instagram!

Like us on Facebook at Marcus Family Chiropractic!

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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.

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Dr. Nalyn Marcus



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