

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



WISDOM IN WINTER

Ahhh! Here we are! Funny how a new year always feels like we're at the 'top' of the calendar, it's a fresh start, a new beginning.

After wrapping up all the November/December holiday rush and flurry, it's an opportunity to get quiet and reflect on all that last year taught us. It's also a good time to release the past and start to update healthy choices.

The season of winter, especially in our region of the world, shows us the rhythms of life. The gardens get quiet, trees are bare, the koi have headed down to hibernate in the office pond. Around us there are signs of less bursting forth and more apparent signs of rest and retreat.

Consider this:

Wintertime. What if the word is actually a shortened form of **Wise-Inter-time**? The wisdom to use this time to go within, rebuild your stores and reset. We are no different from the plants and animals. Let this be the season to let go and be gentle with yourself.

Nature uses this necessary cycle to regain strength, to be revived for the next changes coming. I use winter to get inside things done too; purging old papers and unused items, decorations, clothes. It's a great month to lighten up on a few levels as the days of low temps invite us to squirrel in.

Let the start of January be your time to take care of yourself with some ahh time. Celebrate ways to shed old habits, release what doesn't serve you, and start fresh!

So we have roughly 80 days to use wisely. Gain *strength* in 2024! We have all come through so much these past years. Create a plan for a strong body and mind, and a more peaceful spirit and environment. As you plan, always include **getting your spine checked** and adjusted to reduce the tensions in your nerve system and be clear of subluxations.

Being subluxation-free is so vital for all your body's systems, creating space for more ease and improved function. Plus, your immune system benefits too! The winter months can mean added stressors to your resistance. We're often in close quarters and with less sunlight, this can contribute to ill health and dis-ease, so establishing a good healthy winter protocol is wise.

Chiropractic is major component to your strength and resilience. And if you think about it, *each adjustment is like a new year's celebration for your body!* Adjustments are an excellent part of your recipe for health, along with less sugar and alcohol, balanced exercise, water, sleep, laughter and good nutrition to ensure you're up to the challenges of this season.

With 2024 ahead of us, I am so grateful for all the lives I had the privilege of serving this past year. We helped a record number of new patients and celebrated many milestone anniversaries and lots of new babies too! Our practice is booming with a community that is seeking natural choices to maintain well-being.

Chiropractic is vital for life at every stage of life, for your whole life !

I look forward to meeting this year's new folks who will come through our bright yellow door and warmly welcome back our wellness members for another year who have made Chiropractic a part of their healthy lifestyle.

I'm here at the tables for you, and wishing you a very Happy and well-adjusted 2024.

Dr. Nalyn

Call 610-974-8900 to Schedule an Appointment

January Calendar

PLAN AHEAD...
SCHOOL CLOSED FOR
Martin Luther King Jr.
HOLIDAY ON 1/15?
SCHEDULE YOUR FAMILY!
WE ARE OPEN!

Food Drive



Marcus Family Chiropractic

(610)974-8900 : www.ChiroMom.com



Slip or fall?
give us a call...
before your next
appointment.
(We may need a little
extra time with you.)

**IF WEATHER
HAPPENS, CALL
US FIRST!**



Hello
January
2024

Food Drive
Jan 15-Feb 15
16th Annual 2024
1/2 TON of **H.O.P.E.**
Help us fill the
post-holiday
empty food pantries to
Help Other
People Eat.
Drop off Non-Perishable
Donations.
Each bag donated
earns you one entry
Into our Gift Card Raffle!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED 	2	3 9 -12 3-6	4 9 -12 3-6	5	6 Back Porch 7:45-11
7	8 9 -12 3-6	9	10 9 -12 3-6	11 9 -12 3-6	12 Nat'l Hot Tea Day 	13
14	15 9 -12 3-6	16	17 9 -12 3-6	18 9 -12 3-6	19	20 Back Porch 7:45-11
21 Nat'l Hugging Day 	22 9 -12 3-6	23	24 9 -12 3-6	25 9 -12 3-6	26	27
28	29 9 -12 3-6	30	31 9 -12 3-6	Make Chiropractic a part of your healthy New Year!		

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!

Wow. A Big Thank YOU

So many of you took a bulb from the fireplace display to help out Safe Harbor of Easton this Christmas. I delivered all your gifts and wish list donations down to the director on Friday 12/23. We did a fire drill of unloading my car and handed in the envelope of your generosity too. So glad you are part of the gentle hearts that make our practice so special.

Half Ton of H.O.P.E.



FOOD BANKS are depleted this time of year. So many needy families right in our own backyard. We sponsor our annual mid-January H.O.P.E. food drive to help restock, bringing HOPE to Help Other People Eat.

As a community-centered practice, this is one way we can contribute. **PLUS:** Every donation earns you one entry ticket into our 'electrifying' basket raffle. Have we ever reached a half ton of food? No, but its been fun to try. ;-) Thank you!

*Collecting from 1/15-2/13.

New Home for Old Sneakers Drop off Here!



The New Year often means clearing out the old, including your closets!

Got any forgotten sneakers or cleats? WE have a way to recycle them, to give to others in need, AND keep them out of landfills. Collecting thru 1/15/24.

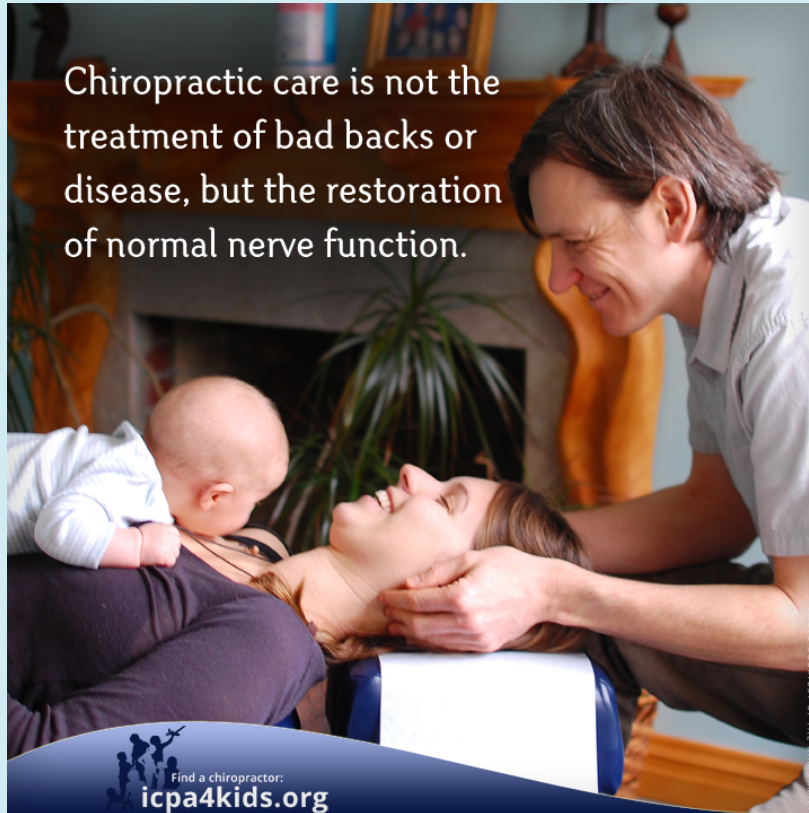


This is an easy non-profit event and Got Sneakers.com is earmarked to benefit the Lehigh Valley Chorus.

Thanks for your donations!
(www.lehighvalleychorus.com)

Why Chiropractic?

Chiropractic care is not the treatment of bad backs or disease, but the restoration of normal nerve function.



Find a chiropractor:
icpa4kids.org

Our Patients Speak



B.N.S.

Besides just feeling better physically, emotionally I can tell Dr. Marcus really genuinely cares about her patients and our lives and making our lives better.

She's very intelligent and she's created a safe, healthy space. Her assistant Donna always has a bright smile when walking into the office.



Many are Looking for Answers

It's a deep ocean of information out there.
The world checks reviews to make important choices. You can help.

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,

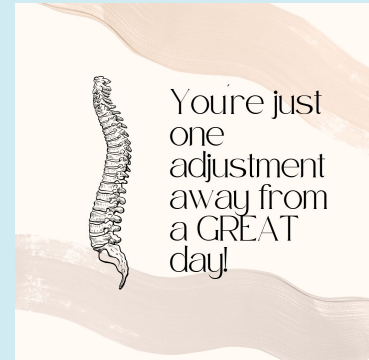
-To continue to develop and improve my skills as I deliver the art, science and philosophy of Chiropractic to my practice members and families.

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Dr. Nalyn Marcus



**HAPPY
NEW YEAR!
MORE HEALTH,
PEACE, JOY,
AND
LOVE IN 2024.**



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

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