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# ACE Chiropractic News

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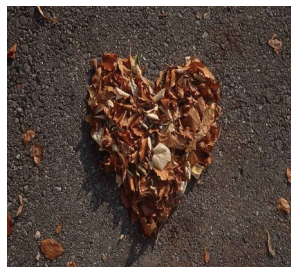
## Where did the year go?

Dear Practice Members,

As I sit at my desk and write this I can hardly believe we are knocking on the door of fall! The weather is starting to get cooler and school is back in session. I have to admit that this is my absolute favorite time of the year!

As we are closing in on our second anniversary at ACE Clinic I find myself reflecting over the past year and a-half. I still feel like our ribbon cutting with the York County Chamber of Commerce was yesterday! But since we've been open we have seen over 300 patients come through

our doors. We have been able to help so many with allergies, aches and pains, avoiding surgery, headaches,



and the list goes on and on. Our oldest practice member has been 98, our youngest 2 days old.

We have grown as a practice and as a team. I am blessed with a wonderful office man-

ager and with the best patients in the Palmetto state (and even some from the Tarheel state!).

I am looking forward to our last quarter of 2008 and have nothing but good feelings for the beginning of 2009. Thank you for being a part of our lives and for allowing us to be part of yours.

In Health,  
Dr. Amanda Boda

## The “Goings-On”

Gift of Health!

The holiday season is rapidly approaching! (I can't believe I'm saying that already!) Have you thought about family members and friends who you may be able to help reach a better level of health? This November and December we will be making gift certificates available for you

to give to others this holiday. This certificate will entitle the recipient to a complete and through consultation, exam and x-rays (if necessary) as well as a report of findings in our office all as a gift from you!

As a patient in our office you can purchase this for them for only \$20!

Start thinking about your loved ones who could use an increase in energy, a life without headaches, a bounce in their step or help with reaching a better level of health and let Celeste or myself know. We will put together the certificate for you so it will be ready to give to them this holiday season!

# Team “ACE for the Cure!”



Thank you from the bottom of our hearts for all of your support!

Team “ACE for the Cure!” On October 4th team ACE for the Cure took to the streets of uptown Charlotte and participated in the 5K Susan Komen Race for the Cure.

As many of you know we walked in honor of two of our patients who were diagnosed with breast cancer this year.

It was a wonderful experi-

ence and one that we plan on making a tradition in our office. For those fighting cancer, surviving cancer and the loved ones who were there to support them it was a day of hope and celebration. We saw women who are 25+ year survivors and those who are still in the throws of battling it.

And due to the generous donations of people like yourselves we were able to

raise \$1,842.00 for team ACE blowing our goal of \$1,000 out of water like we hoped. And the 2008 Charlotte affiliate of the Race for the Cure was able to raise \$704,101.19 as of this publication!

Thank you again to those of you who walked along side of us, who donated to our team and who kept us in your thoughts! It was an AWESOME day!

## Success Quote



Woodrow Wilson

You are not here merely to make a living.

You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement.

You are here to enrich the world, and you impoverish yourself if you forget the errand.

—Woodrow Wilson, 28th President of the United States

## Success!

What’s your success story?



I have been riding horses since I was old enough to walk. In the past 27 years I have been thrown off a horse more times that I can count and that could be why I have ended

up in Dr. Boda’s office. In the past few years I have noticed a difference in my riding, not being able to sit properly in my saddle without feeling a “catch” in my back and left leg. I was referred to Dr. Boda by my parents since they are also

patients at ACE Clinic. With each adjustment I notice a great difference in my riding. From the way I sit in my saddle to the next day when I am able to walk after riding for hours at a show. Thank you for everything! :)

—Nicole K.

# The Big Idea (Written in 1944 by Dr. BJ Palmer, son DD Palmer (the father of chiropractic)).

A slip in the snowy sidewalk in winter is a small thing. It happens to millions.

A fall from a ladder in the summer is a small thing. It also happens to millions.

The slip or fall produces a subluxation. The subluxation is a small thing.

The subluxation produces pressure on a nerve. That pressure is a small thing.

The pressure cuts off the flow of mental impulses. That decreased flowing is a small thing.

That decreased flowing produces a dis-eased body and brain. That is a big thing to that man.

Multiply that sick man by a thousand and you control the physical and

mental welfare of a city. Multiply that man by a million and you shape the physical and mental destiny of a state.

Multiply that man by one hundred thirty million, and you forecast and can prophesy the physical and mental status of a nation.

So the slip or fall, the subluxation, pressure, flow of mental images, and disease are big enough to control the thoughts and actions of a nation.

Now comes a man. And one man is a small thing.

This man gives an adjustment. The adjustment is a small thing.

The adjustment replaces the subluxation. That is a small thing.

The adjusted subluxation releases pressure upon

nerves. That is a small thing.

The adjusted subluxation releases pressure upon nerves. That is a small thing.

The released pressure restores health to man. This is a big thing to that man.

Multiply that well man by a million and you increase the efficiency of a state.

Multiply that well man by a hundred and thirty million and you have produced a healthy, wealthy and better race for posterity.

So the adjustment of the subluxation to restore pressure upon nerves, to restore mental impulse flow, to restore health is big enough to rebuild the thoughts and actions of

the world.

The idea that knows the cause, that can correct the cause of dis-ease, is one of the biggest ideas known. Without it, nations fall; with it nations rise.

The idea is the BIGGEST I know of.



Dr. BJ Palmer

## Headaches cost employers \$13 billion a year



Employees suffering from work-related headaches cost employers an estimated \$13 billion a year and 113 million lost days of work, according to a recent survey by the National Headache Foundation.

According to the survey, headaches result in missed days of work, decreased productivity, an inability to concentrate, and changes in mood or behavior.

Headache sufferers are turning to alternative methods for headache prevention, including chiropractic and physical therapy, to eliminate specific habits that lead to repetitive and painful headaches,

such as bad posture and working conditions ranging from the height of the cubicles and chairs to the way employees sit.

Alternative methods are also being used for pain-relief education, long-term relief from headache pain and ultimately headache prevention.

—Taken from Chiropractic Economics, Issue #15: Sept. 24, 2008.



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Adjusting for a better life.

ACE Clinic of Chiropractic was founded in January of 2007. Our mission is to help and serve the people of Fort Mill and the surrounding areas by providing effective and safe chiropractic care. We look forward to helping you, your family and your friends reach their optimum health.

