

# HUDSON FAMILY CHIROPRACTIC

## HFC NEWSLETTER

### **HAPPY HOLIDAYS!**

-Hudson Family Chiropractic would like to wish your family and you a Happy Holidays and a Healthy New Year! Give the gift of wellness- treat your friends or family to a massage! (Gift certificates available in the office).

### **MAINTAINING YOUR HEALTH**

Many of you often ask how frequently you should maintain your spine, or if you should visit our office unless you are in a significant amount of pain. While HFC does not encourage unnecessary in-office care, please remember that "pain free" does not equal "problem free." The occasional adjustment will keep you healthy & feeling good while keeping your joints moving properly, helping to prevent future arthritis. Degenerative arthritis is a direct result of wear and tear in the joints. The looser a joint, the less wear and tear, therefore less of a chance for arthritis to occur at that joint. Always remember to maintain your wellness...we hope to see you in the office some time soon!

**DUPLICATE BILLING:** As many of you know, my office manager, Niya, was out on extended maternity leave from July through November. In her absence billing was either done wrongly or not performed at all. It was therefore necessary to re-bill many dates of services to ensure that we would be properly reimbursed. Please excuse the extra paperwork that you are receiving.

**MASSAGE THERAPY:** Many of you have had the pleasure of meeting and being massaged by Kristen, our in house massage therapist. If you have not seen Kristen, but are interested in receiving a massage, give her a call directly at 201-240-0276. If you are interested in any type of massage, from a relaxing Swedish to a rehabilitative deep tissue to one body part, we highly recommend Kristen. Massage gift certificates make a great holiday gift!

**FLEX SPENDING ACCOUNTS:** Do not let your hard- earned dollars go to waste. If you have cash left in your Flex Spending Account, treat yourself or a loved one to a cervical pillow, lumbar support seat, TENS unit, or Biofreeze. Use the Flex Account Cash for your co-payments or pay in advance for future visits.

**Did You Know...** I am often surprised when a patient asks a question such as "do you treat headaches"? Please realize that in our office we can effectively treat the following: BACK PAIN- HEADACHES- MUSCLE SPASMS- NECK PAIN- SCIATICA- SHOULDER/ ARM PAIN- SPORTS INJURIES- SPRAINS & STRAINS - STRESS/FATIGUE - WHIPLASH- PREGNANCY ACHES & PAIN. If you or someone you know are suffering from any of these ailments, please get yourself in here or refer that person.

### **KANNEKT.COM**

Happy with what we have done for you? Please share your comments on Kannekt.com. This website has review options for all the businesses listed. Just go to Kannekt.com and search under "Chiropractors," scroll down to the HFC listing, and click on the link for "read reviews." From there you will find a link on the next page to submit your personal review of HFC. Or you can go directly to: <http://www.hobokenx.com/review/hob17050.html> to post your HFC experience on Kannekt.com. We appreciate your comments and thank you!

### **SEASONAL HEALTH**

HFC has warmly welcomed Dr. Roberts, a Naturopathic Doctor and Doctor of Phytotherapy offering Evidence-Based Herbal Medicine, Clinical Nutrition, Supplemental Therapy, Complementary and Alternative Preventative Therapies. Please contact Dr. Roberts directly to schedule a consultation at **201-683-0421**, [kathia@seasonhealth.com](mailto:kathia@seasonhealth.com), [www.seasonalhealth.com](http://www.seasonalhealth.com).

WE'VE GOT  
YOUR BACK



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Office Hours:

- Mon: 10am - 7pm
- Tue: 3pm - 7pm
- Wed: 10am - 7pm
- Thu: Closed
- Fri: 8am - 6pm
- Sat: by appt.

[www.hudsonfamilychiro.com](http://www.hudsonfamilychiro.com)