


Dr. Jeffrey Dunnigan
704.303.9040
www.dunniganchiropractic.com

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**BENEFITS OF CHIROPRACTIC CARE**

**ENHANCE MOVEMENT**

**MANAGE PAIN WITHOUT MEDICATION**

**ABOUT DR. DUNNIGAN**

**OUR GIFT TO YOU**

## BENEFITS OF CHIROPRACTIC

**Reduced Pain and Discomfort**: Help alleviate chronic pain in the back, neck, and joints, providing natural relief without relying on medication.

**Decreased Inflammation**: Chiropractic care has shown a connection to reduced inflammation levels within the body, which are often tied to various chronic health conditions.

**Improved Range of Motion**: Consistent alignments can enhance joint mobility and flexibility, leading to improved range of motion and overall physical performance.

**Improved Flexibility:** Through routine chiropractic adjustments, flexibility can be improved by addressing muscular imbalances and promoting joint health.

**Increased Muscle tone and strength:** Routine care can contribute to better muscle tone and strength through improved spinal alignment and enhanced nervous system function.

**Stress Relief:** By promoting relaxation and triggering the release of endorphins, chiropractic treatments aid in reducing tension and stress, ultimately enhancing mental well-being.




## ENHANCE MOVEMENT

You know how sometimes our bodies feel a bit off, like a door that's not closing properly? Chiropractors use gentle adjustments to help joints and the spine get back on track. These adjustments not only improve joint mobility but also supercharge the nervous system, making your body communicate better. Plus, they're like inflammation's worst enemy, helping you feel more comfortable. Regular chiropractic care is like giving your body a consistent boost to handle everyday stresses and strains.




## MANAGE EVERYDAY ACHES AND PAINS WITHOUT MEDICATIONS

Chiropractic care is a natural and effective approach for handling and easing swelling or pain that stems from our daily lives. Regular care offers patients a treatment option that's not only holistic and non-invasive but also free from the risk of becoming addictive, unlike prescription drugs or those over-the-counter pain meds that are often recommended. It's a great way to tackle pain and swelling without relying on medications.

## About Dr. Jeffrey A. Dunnigan

Dr. Jeffrey A. Dunnigan is a licensed Chiropractic Physician certified with extensive postdoctoral studies in acupuncture. His goal is delivering high quality holistic care. This is done through chiropractic, acupuncture, and other modalities. Dr. Jeffrey Dunnigan brings over 20 years of experience, he is a graduate of The National University of Health Sciences, where he received his Doctor of Chiropractic Degree and Acupuncture training. His primary focus lies in musculoskeletal conditions such as but not limited to chronic low back pain, fibromyalgia, headaches, disk conditions, sports related injuries, and more.

In addition to treating patients Dr. Dunnigan serves as an adjunct professor of anatomy and physiology at Central Piedmont Community College. Dr. Dunnigan enjoys spending time with his wife and two children attending their events. He also cycling, running, exploring the beauty of the Carolina's.




## OUR GIFT

April is **PATIENT APPRECIATION MONTH!** This entitles you, a family member, friend, or loved one to a first visit, including consultation with the doctor, exam, posture analysis **complimentary!** Feel free to use it for yourself if it

has been 4 months of longer since you have been in the office. To take advantage of this special program please contact our office on receipt of this newsletter and mention **PATIENT APPRECIATION MONTH!**

A big thanks you to all our wonderful patients that refer their family and friends to us! We sincerely **THANK YOU!** We never know how something small can end up bring a big thing in a person's life. Our practices mission to help everyone we can to live a healthy, happy, pain and drug free life! **WE SINCERLY APPRECIATE YOU!**