

Dennis Family Wellness Center

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Now You Know

"Chiropractic embraces the science of life, the knowledge of how organisms act in health and disease, and also the art of adjusting the neuroskeleton."
—D.D. Palmer

"We never know how far reaching something we may think, say or do today will affect the lives of millions tomorrow."
—B.J. Palmer

"The master maker of the human body did not create you and then run off and leave you masterless. He stayed on the job as innate, as the fellow within, as the fellow without, as nerve transmission controlling every function of life, as spirit from above-down, inside-out, expressing, creating, exploring, directing you in every field and phase of experience so that your home is truly the world and the world is your home."
—B.J. Palmer

CLINIC HOURS

Mon, Wed and Thurs:

7:30am - 12:00pm

3pm - 6pm

Tues:

3:00pm - 6:00pm

Effective Communication In Your Body

In today's world, people are very aware of the importance of effective communication - both in person with tonality, body language, eye contact, and more, and virtually through notifications, e-mail, social media, and cell phones. Communication keeps us connected with each other, it forms bonds, it gets work done, it helps us progress.



However, have you ever thought about what effective communication WITHIN your body looks like?

Communication within our bodies is as important as the communication we prioritize with others, as it helps to protect our overall well-being and allows each section of our body to function at its best.

As you probably already know, our bodies are incredibly intricate systems where various parts need to communicate and coordinate with each other to get things done. This helps us survive and thrive, fight off issues, spread nutrients, move effectively, and so much more.

With the help of chiropractic care, you can ensure your body communicates better internally allowing everything to work as it should.

One of the main goals for us as Chiropractors is to ensure the relationship between your spine and nervous system is working well. These two components act as your whole-body communication network, ultimately controlling and coordinating every function in your body, from movement and digestion to immune responses and healing. If your spine is misaligned or not functioning properly, it can interfere with this vital communication pathway.

During our sessions, we work to correct these misalignments through adjustments. By realigning the spine, we remove interference and ensure the messages throughout your body are sent and received without any disruptions. Think of it like going through a tunnel and losing all reception, if your spine is out of alignment, there is no way the messages from your brain can make it to your respective body parts, and vice versa. When you hear that static on the phone, you immediately strive to fix it - and it's time we do the same for our bodies.

When everything is aligned and communicating effectively, you'll notice increased flexibility, improved immune function, better sleep, enhanced mood, and a boost in overall vitality - to name just a few aspects it may impact.

Find us on the Web! We post great pictures, videos and health tips!

www.planochiropractor.net

Get Social With Us! Search for Dennis Family Wellness Center on

Facebook, YouTube or Twitter. Visit us and become a fan!

Post a Review or comment, share us with your friends.

Look forward to seeing you online.

Our Practice Members Of The Week Share...

I cannot recommend Dennis Family Wellness highly enough! This tight-knit family (which includes the office dog, Bojack) of incredible, generous, and helpful care providers are truly one of a kind! I was introduced to their office in the first year of the pandemic by a friend, and because of his recommendation, I received a free consult and x-ray. I was unemployed at the time and couldn't feasibly pursue treatment, but I knew there was something special about this place and that I'd undoubtedly return as soon as I could.

Flash forward two years: I'm working a physically intense warehouse job and it's not long before my neck and back pain starts requiring a LOT of tylenol to get through the day. I remembered Dennis Family Wellness and their relaxed and happy office atmosphere (a blessing in this day and age) and got in touch. They re-assessed me and confirmed I would benefit from adjustments enormously. I'm nearly four months into my treatment plan and the difference in how I feel now versus before is incredible! My neck/back pains have been massively reduced, my posture has improved, and even my breathing is better!

I could go on and on but truly, this place has undoubtedly changed my life for the better. It's worth getting the care you need, especially from people who really DO care about you! -



YouTube



Call
972-801-9992

Stage 6 Of Healing

**SEND a copy of
 this newsletter
 to your friends &
 family in the
 area!**

*Please feel free to call
 the office and leave
 the name and address
 and we would be more
 than happy to make
 sure they get a copy of
 our newsletter each
 month!*

*Remember to
 REFER your friends,
 family and co-workers
 for a check-up!
 Their health is their
 most important
 asset!*

Stage Six is seen as both a transitional and action phase that helps the body and mind become more flexible to release and resolve trapped issues from the past that no longer serve us and prepare for significant changes to come that will help us progress. This stage provides the necessary flexibility and momentum for the desired transformations to occur, often involving lifestyle modifications, embracing new perspectives on healing, and committing to wellness practices.

During Stage Six, there is a sense of impending release and a feeling that something needs to change. With that, you become more energized and flexible, preparing for resolution. Of course, chaos and discomfort are essential for meaningful change and healing to take place, and that's why seeking support from healing practitioners who understand the transformative process you're going through can be crucial.

It's helpful to flow with the natural rhythms of this stage, dealing with the initial discomfort and ambivalence, and giving way to the calm desire to finally release and let go. These releases may be both physical and emotional and as Stage Six progresses, we become more energized and more flexible on all levels, in preparation for Stage Seven: Resolution. When it's reaching its end there is a recognition of the strength and breakthrough you've achieved in this time as well as a willingness to face any further challenges you may face up ahead.

The transition from Stage Six to Seven may seem dramatic, and the sudden discharge and change can feel somewhat extreme. However, this pinnacle phase shapes the road we follow throughout the rest of the stages, right through to stage 12. So, face it with full energy and flow with the motions as they come.

Stay Healthy

Most of all, we want you all to remain healthy and connected this June.

If we can help to support you and your health in any way this month reach out and let us know. We would be more than happy to help you in any way possible.

Stay healthy, stay safe, and keep connected.

We are all in this together.

Time To Get Outdoors

June also marks National Great Outdoors Month, which is a perfect excuse to roam the neverending beauty that surrounds us in Colorado! There are so many reasons why spending time outdoors is good for us, but let's take a look at some of the main reasons why we recommend fully celebrating Great Outdoors Month.

1. Stress Relief

First and foremost, spending time outdoors is one of the best ways to alleviate stress and anxiety. The sights, sounds, and scents of nature have a calming effect on our minds, helping to reduce anxiety and improve our overall mood. By consistently dedicating some time in nature, you can reduce the potential for burnout or overwhelming feelings that so many of us experience each year.

2. Improved Physical Health

Spending time outside can be great for your physical health as well as your mental well-being. If you head out and hike, bike, or even just go for a stroll, you're getting some cardio exercise in while also strengthening your muscles and improving your fitness.

3. Vitamin D

Vitamin D is a necessity for all humans and exposure to natural sunlight is the best way to facilitate its production in your body. Vitamin D is crucial to bone health and immune support. Just don't forget to wear your sunscreen as you soak up the sun.

4. Quality Time

Spending time outdoors with your loved ones can give you the opportunity to spend quality time together away from technology and outside of your home. Some of the best memories we've made as a family have been getting out into Chautauqua Park, Eldorado Canyon State Park, or the Flatirons to distress and create core memories that will last a lifetime.

So, it doesn't matter if you're an avid biker or a casual walker, promise us that you'll try to soak up some outdoor time this June!

5 Ideas For Father's Day

Father's Day is the perfect excuse to celebrate the great men in our lives who have raised strong children and continue to be a positive influence in their lives from birth right into their adult years.

If you want to make this Father's Day extra memorable, here are some fun ways to make memories together and thank every father for what he does for his family.

1. Plan an outdoor excursion - The nature around Boulder is incredible. Pack a picnic, go for a hike or bike ride, and spend a day in nature with the whole family!
2. Plan a barbecue together- Spend some quality time at the grill, cooking up your favorite lean meats or creating new, healthy salads together.
3. Favorite movie marathon- Set up a cozy movie night at home for the whole family where you watch one of your dad's favorite films. Oh, and don't forget the popcorn!
4. Game night - Play board games, card games, or video games together, or have a games tournament with a special scoring system
for each game you win (if you're feeling extra nice, you can let him win for once!)
5. Make him a gift - While it's great to buy a gift for the fathers in your life, there's nothing like a homemade one that comes from the heart. Make a scrapbook, write a handwritten note, or create a photo album that documents exactly the reasons why he's a great dad!



Men & Chiropractic Care

June is Men's Health Month, making it the perfect time to remind all men of the importance of proactively caring for their health. Numerous studies have found that men are more reluctant than women to seek medical assistance. However, early detection and prevention are crucial for overcoming and managing many, many illnesses.

Chiropractic care can also be highly beneficial for men of all ages and health conditions. Let's explore how we can assist you in maintaining your health this Men's Health Month.

Better Sports Performance

If you enjoy sports or physical activities, scheduling regular chiropractic care and adjustments can ensure you reduce your risk of injuries while improving your overall athletic performance. For

Instance, by working on your joint mobility with a chiropractor, you will be able to expand your current joint range and improve overall flexibility, making sports even more enjoyable. On top of that, in the event of an injury, chiropractic support will enhance the rehabilitation process, as we work to find solutions that fast-track your

Improved Sleep

Getting enough sleep each night is essential for the body's recovery system and your ability to navigate stress. Regular chiropractic adjustments have been linked to better rest, which, in turn, boosts the immune system and relaxes the nervous system.

Reduced Blood Pressure

Men over the age of 45 are more susceptible to high blood pressure than women. This often contributes to ailments such as heart attacks and strokes, which are significant causes of death for men. Studies show that chiropractic care is an effective method for treating and potentially preventing high blood pressure altogether, which can further safeguard against these potential health risks.

If you haven't had a session with us in a while, now is the time to schedule one. Taking control of your health and working to prevent rather than heal will help you at every stage of your life.

Office June Events

Bring a friend week: June 5th to
June 8th

Witnessing To the Streets

Donation Drive

June 1st to June 30th

Better Results Faster Class June
20th

Dennis Family Wellness Center

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Donations Needed

Witnessing To The Streets (W.T.T.S.) is a local non-profit organization dedicated to assisting those who have been left with nothing. In Dallas, there are more than 10,000 homeless individuals who are in desperate need of even the most basic necessities. While many of us are fortunate enough to have constant access to food, water, and shelter, W.T.T.S. collaborates with other local non-profit organizations to provide these essential items to those who have nothing. Additionally, we strive to offer assistance and resources that can help these individuals transition out of life on the streets. Our goal is to offer as much support as possible, whether it involves providing a warm meal, a compassionate listener, or a safe place to sleep. Your generous donations enable us to provide

people with the opportunity to regain their independence and rebuild their lives. As a token of our gratitude for your contribution, you will also receive a \$100 discount on your New Patient Examination. Thank you for your kindness and generosity. May God bless you abundantly.



Requested Items:

- Backpacks
- Water bottles (refillable)
- Blankets
- Summer hats
- Socks (NEW)
- Bibles
- Sunscreen
- Sweatbands
- Hand Towels
- Toothbrushes
- Toothpaste
- Deodorant
- Baby wipes
- Raincoats
- Tampons/Pads
- Shampoo/ Conditioner
- Hand Sanitizer
- Sleeping bags