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Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

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Ascent, providing the foundation for a healthy life

Hello!,
Happy Thanksgiving, and thank you for allowing me to be a part of your wellness team!

Lately, I've had many patients complaining of fatigue, digestive issues or aches and pains. These symptoms can arise from changes in our stress levels, and of course from illness or injury.

During these turbulent times in our economy, lets work together to minimize the occurrence of illness and injury by taking care of you. We have been educated on monitoring our finances and it's my goal to give you the tools through education to maintain your health and that of your family.

Through your routine visits I'm able to keep your spine in its optimal condition. In addition to the principles of general Chiropractic, I am also applying principles of [Acupuncture](#), [Nutrition](#) and [NET](#) to provide a holistic approach to your healthcare. Together, we can help maintain your health and develop habits for a healthy life.

Enjoy the following article as it provides a brief historical reflection on recessions and a prediction for an economic expansion.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

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Another Economic Recession is Upon Us. Will You Survive or Thrive?

Article Contributed by Dr. Daryl Gioffre, NYC, NY

I was researching recessions for a health talk I was going to give, and was amazed what I learned. Guess how many recessions centenarians (people living to the age of 100, one of the fastest growing segments of our population) have lived through since 1907? The answer is an astounding 21 recessions plus the Great Depression. When most people are asked this question, they answer 4 or 5. Try asking some of your friends and see what kind of response they give you.

What is the lesson here? Simple, you are going to make it. The real question is, "are you going to barely survive and destroy your quality of life with stress through these challenging times, or are you going to keep yourself healthy and the quality of your choices healthy so that you come out of this stronger than ever.

Avoid destructive eating habits where you unconsciously fill yourself with sugar and alcohol. Avoid unnecessary conflicts that result from the "pressure" that you feel and choose to be more pleasant and understanding with the people in your life. Keep the pressure off of your spine and nerve system by staying consistent with your Corrective or Wellness Adjustment Plan. Your body and mind will be much more capable of adapting to the stress, and much more resistant to the effects of stress, when you are well adjusted and balanced.

There was a silver lining of very exciting information that I learned while doing my recession research. Did you know that nearly every recession was followed by record setting economic expansion!!! Don't allow yourself to self-destruct from stress. Reconnect with yourself and your purpose and put yourself into position to benefit from what is sure to be the greatest economic expansion in our history. Your thoughts, choices and actions will determine your results. Now is the time to get in the best shape of your life, mentally, physically and spiritually.

Like many other chiropractic offices around the world, I am very proud to be affiliated with a group of caring, committed, loving practice members who want to keep themselves healthy for a lifetime. At this critical time in our nation's history, we need to be there for each other and take care of each other. Thanks for passing this message along to the people in your life so that they can see the opportunity to thrive and express their full potential in their lives as well.



Why is Ascent different than other Chiropractic clinics?

Chiropractic + Acupuncture + NET + Nutrition

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

Snoring? Neck Pain? Back Pain? Trouble Sleeping?



Keep your spine in-line with the Tempur Pedic neck pillow.

Stop in to take advantage of our current promotion on these comfy pillows.

