



THEMES FOR SEPTEMBER



verse of the month

Matthew 5:16

"In the same way, let your light so shine before men- that they may see your good deeds and glorify your Father in heaven."

We want to provide ongoing information and education for our patients! Please let us know what type of specific information would be helpful for you and your family!

These are the themes we are focusing on this month in our social media efforts:

1. Helping Kids Instead of Labeling Them

Are you exhausted from watching your child struggle with chronic health issues that seem to have no clear answers? Maybe you've been told your child has ADHD, anxiety, sensory processing disorder, or an autoimmune condition, but deep down, you feel like you're just collecting labels without getting to the real problem.

If you're like most parents navigating this journey, you've probably bounced between specialists, tried countless interventions, and heard the same frustrating advice: "It's genetic," "They'll grow out of it," or "Let's try another medication."

Read more [here](#) & Click [here](#) to schedule an INSIGHT Scan for your child!

2. Birth + Beyond (Preconception to Postpartum)

As parents, we all share one fundamental desire: to give our children the best possible start in life. Yet despite our best intentions, today's rates of chronic health conditions are affecting our children at alarming levels. From allergies and asthma to ADHD and autism, many parents are left wondering: Is there anything we can start doing now to support our children's development and health before they're even born?

The answer is yes—and it begins with understanding the crucial role of your baby's nervous system development during pregnancy. Read more [here](#)!



LEARN WITH THE DOCS

Dr. Marilyn on:

- preconception health
- effects of prenatal stress and birth trauma
- nervous system health and support from preconception through postpartum

[watch the video here](#)

EVENTS & EXCITING ANNOUNCEMENTS



BIRTH + BEYOND WORKSHOP

We had a successful first Birth + Beyond workshop! Women from all stages from preconception through postpartum came to learn from Dr. Ashley about the role of the nervous system in all things birth and infants! We would love to see you at our next one!

PERFECT STORM WORKSHOP

Parents who are worried about their child's growth, development, mood, focus, sleep, eating, overall wellness and performance at home and school- this workshop is for you! **Our next Perfect Storm workshop will be on November 13th at 7pm.** Dinner provided! Click [here](#) to register.



DR. TAYLOR UPDATE

Since moving, Dr. Taylor has gotten married & opened a practice! We miss her in Boerne and at LWC but are so excited for how God is using her to bring hope, answers and help to families in upstate New York! She has opened a PX office and is thriving!! If you'd like to send her encouragement, you can email her [HERE](#).

COMMUNITY PARTNERS + STAFF SPOTLIGHT



LIVING WATER BIRTH

If you're looking to birth in the ease & safety of your own home, surrounded by your loved ones, midwifery care might be for you!

You'll enjoy the comfort & familiarity of being home, along with the freedom & empowerment to make informed decisions regarding your birth.

While this might be the hardest thing you ever do, it's also the most rewarding, & we're here on the journey with you. Read more about them [HERE](#).

Olivia

Olivia is our staff spotlight of the month! She is the longest tenured CA on the team and she radiates joy & beauty as she works and loves on families!

In office you may see Olivia at the front desk holding a baby, you might see her taking photos or video content for her Marketing position, or you could find her in the ROF room presenting financials to a family. Liv grew up in a holistic home and feels strongly about nervous system chiropractic. She is married to Zach & enjoys cooking, lavender matcha, thrifting and leading worship!





EXPERIENCE MIRACLES PODCAST

Our Docs are Pediatric Experience Certified and have trained under Dr. Tony. He is a personal mentor to the Bersanis. Here are a few episodes relevant to our themes for this month!

LABELING KIDS

INSiGHT SCANS

STRESS CATEGORIES IN CHILDREN

TESTIMONIALS



Up until about 3 weeks ago when I started care I had very little will to live.

I have been struggling with postpartum OCD and anxiety since my daughter was about 5 months old, she is now 2. On top of that I've been struggling with chest pain. I've been to multiple docs begging for help but each one told me that nothing was wrong. I started chiropractic care and I feel 70% better already. My intrusive thoughts are minimal and life feels colorful again. My chest pain has decreased and my palpitations have stopped. LWC has given me my life back in 3 short weeks.

-MARLEIGH H.



"I started at LWC assuming my symptoms were just normal and a part of who I was.

"Since then I've realized my body just needed some TLC with proper adjustments to function well! I no longer experience vertigo or headaches, I can think clearly and focus on tasks, and I have more energy. I'm excited to continue experiencing and seeing results! I'm so thankful & blessed."

-LAUREN R.

Let's Stay Connected



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