

moss chiropractic and wellness of olney

Moss Chiropractic and Wellness of Olney: Your Path to Holistic Well-being

Are you searching for relief from nagging back pain, persistent headaches, or the general aches and pains of daily life in the Olney area? Are you looking for a holistic approach to wellness that goes beyond just treating symptoms? Then look no further than Moss Chiropractic and Wellness of Olney. This comprehensive guide will explore the services, philosophy, and benefits of choosing Moss Chiropractic and Wellness as your partner on your journey to optimal health. We'll delve into the specific treatments offered, the expertise of the team, and why they are the preferred choice for many in the Olney community. Get ready to discover how Moss Chiropractic and Wellness of Olney can help you achieve a happier, healthier you.

Understanding the Moss Chiropractic and Wellness Approach

Moss Chiropractic and Wellness of Olney distinguishes itself by offering a patient-centered, holistic approach to healthcare. Unlike some practices that focus solely on treating the immediate symptom, they take a broader perspective, considering the interconnectedness of your body and lifestyle. This means they don't just address your back pain; they investigate the underlying causes – perhaps poor posture, stress, or nutritional deficiencies – and develop a personalized treatment plan to address them all. This holistic approach ensures lasting results and empowers you to take control of your well-being.

A Wide Range of Services at Moss Chiropractic and Wellness of Olney

Moss Chiropractic and Wellness isn't just about spinal adjustments. They provide a comprehensive array of services designed to cater to your individual needs. These might include:

Chiropractic Adjustments: Using gentle, precise techniques, the chiropractors at Moss skillfully adjust the spine to restore proper alignment, relieve pressure on nerves, and reduce pain. They are highly skilled in various chiropractic techniques to best suit each patient's needs and preferences.

Massage Therapy: Therapeutic massage helps to relieve muscle tension, improve circulation, and promote relaxation. The massage therapists at Moss are highly trained and experienced in various massage modalities, such as deep tissue, Swedish, and trigger point therapy.

Physical Therapy: Physical therapy helps to improve strength, flexibility, and range of motion. Tailored exercise programs and rehabilitative techniques help patients recover from injuries and prevent future problems.

Nutritional Counseling: Understanding the vital role of nutrition in overall health, Moss often incorporates nutritional guidance to support healing and promote well-being. This might include

recommendations for dietary changes or supplementation.

Acupuncture: This ancient Chinese medicine technique involves the insertion of thin needles into specific points on the body to stimulate energy flow and alleviate pain. Acupuncture can be a powerful complement to other therapies.

Rehabilitation Programs: For patients recovering from injuries or surgeries, Moss offers comprehensive rehabilitation programs designed to help restore function and improve mobility.

The Expertise Behind Moss Chiropractic and Wellness of Olney

The success of Moss Chiropractic and Wellness of Olney stems from the expertise and dedication of its practitioners. They are highly qualified professionals with extensive experience in their respective fields. Their commitment to ongoing education ensures they remain at the forefront of the latest advancements in chiropractic care and wellness therapies. This commitment to excellence reflects in their personalized approach, ensuring that every patient receives the care that's right for them.

The Benefits of Choosing Moss Chiropractic and Wellness of Olney

Choosing Moss Chiropractic and Wellness of Olney offers numerous benefits beyond simply alleviating pain. These include:

Improved Posture and Alignment: Chiropractic adjustments help restore proper spinal alignment, leading to improved posture and reduced risk of future injuries.

Reduced Pain and Inflammation: Many conditions, from headaches to back pain, can be significantly improved with chiropractic care and other therapies.

Increased Energy Levels: Addressing underlying musculoskeletal imbalances can lead to a significant boost in energy levels and overall well-being.

Improved Sleep Quality: Reducing pain and stress can dramatically improve sleep quality and promote better overall health.

Enhanced Mobility and Flexibility: Physical therapy and other treatments can improve mobility, flexibility, and range of motion, enhancing your quality of life.

Personalized Treatment Plans: Moss Chiropractic and Wellness takes a personalized approach, tailoring treatment plans to meet the unique needs of each patient.

Holistic Approach to Wellness: By addressing the underlying causes of your health concerns, rather than just the symptoms, Moss helps you achieve lasting results.

Testimonials from Satisfied Patients

(This section would ideally include actual positive reviews from patients. These could be sourced from Google reviews, Yelp, or other patient feedback platforms. Include direct quotes if possible, ensuring you have permission to use them.)

Finding Moss Chiropractic and Wellness of Olney

(Include the practice's address, phone number, website address, and hours of operation here. You might also include directions or a map.)

Conclusion

Moss Chiropractic and Wellness of Olney provides a comprehensive and holistic approach to healthcare, focusing on the individual needs of each patient. Their commitment to excellence, diverse range of services, and personalized treatment plans make them a leading choice for those seeking relief from pain and improved overall well-being in the Olney community. Take the first step towards a healthier, happier you - contact Moss Chiropractic and Wellness of Olney today.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a chiropractor at Moss Chiropractic and Wellness? No, referrals are typically not required to see a chiropractor.
1. What forms of insurance does Moss Chiropractic and Wellness of Olney accept? (This should list the insurance providers accepted. Check with the practice for the most up-to-date information.)
1. What should I expect during my first appointment? Your first appointment will involve a comprehensive consultation, including a thorough health history review, a physical examination, and discussion of your concerns and treatment goals.
1. Is chiropractic care safe? When administered by qualified professionals, such as those at Moss Chiropractic and Wellness, chiropractic care is generally safe and effective. However, it's crucial to communicate any concerns or medical history.
1. How long will it take to see results from treatment at Moss Chiropractic and Wellness? The time it takes to see results varies depending on the individual and their specific condition. Many patients experience noticeable improvements within a few weeks, but consistent

treatment is usually recommended for optimal results.

moss chiropractic and wellness of olney: Health & Medical Care Directory , 1991 National Yellow Pages directory of organizations providing goods and services to the American health care industry. Introductory section includes information on medical conventions, medical associations, medical services, medical libraries, toll-free numbers, computer networks, and drugs. Yellow pages are classified and geographical. Index.

moss chiropractic and wellness of olney: Palliative Care in Amyotrophic Lateral Sclerosis David Oliver, Gian Domenico Borasio, Wendy Johnston, 2014-03-20 Amyotrophic Lateral Sclerosis (ALS or motor neurone disease) is a progressive neurodegenerative disease that can cause profound suffering for both the patient and their family. Whilst new treatments for ALS are being developed, these are not curative and offer only the potential to slow its progression. Palliative care must therefore be integral to the clinical approach to the disease. Palliative Care in Amyotrophic Lateral Sclerosis: From diagnosis to bereavement reflects the wide scope of this care; it must cover not just the terminal phase, but support the patient and their family from the onset of the disease. Both the multidisciplinary palliative care team and the neurology team are essential in providing a high standard of care and allowing quality of life (both patient and carer) to be maintained. Clear guidelines are provided to address care throughout the disease process. Control of symptoms is covered alongside the psychosocial care of patients and their families. Case studies are used to emphasise the complexity of the care needs and involvement of the patient and family, culminating in discussion of bereavement. Different models of care are explored, and this new edition utilizes the increase in both the evidence-base and available literature on the subject. New topics discussed include complementary therapies, personal and family experiences of ALS, new genetics research, and updated guidelines for patient care, to ensure this new edition remains the essential guide to palliative care in ALS.

moss chiropractic and wellness of olney: A Path to Healing Andrea D. Sullivan, 1998 Twenty years ago, at age twenty-nine, Andrea Sullivan was a high-level executive at HUD in a state of what she now calls dis-ease: stressed out, thirty-pounds overweight, with a face full of acne. Moved by a desire to help her community and herself in a meaningful way, she quit her job and decided to become a doctor. She applied and was accepted to Bastyr Medical School for Alternative Medicine and became a naturopathic physician. Since then, Dr. Sullivan has been at the vanguard of naturopathic medicine and has helped hundreds of African Americans create dramatic and lasting lifestyle changes. Unlike traditional doctors, naturopathic physicians, with the aid of herbs, roots, and other natural remedies, treat the patient, not the disease. Here, in easy-to-understand language, Dr. Sullivan provides an overview of alternative medicine (paying close attention to naturopathy), discusses the African American tradition and its link to naturopathic medicine, and delves into stress, high blood pressure, arthritis, obesity, depression, and diabetes (all problems that plague African Americans), and prescribes an overall guide to maintaining health and keeping disease at bay. In *A Path to Healing*, Dr. Sullivan makes a convincing case for naturopathic medicine as the best way to prevent disease and treat chronic illnesses, while not discounting the use of traditional Western medicine, especially in cases of traumatic injury.

moss chiropractic and wellness of olney: *The Vital Truth* Sarah Farrant, 2006-12 *The Vital Truth*: accessing the possibilities of unlimited health is an award winning and global selling book packed with information you may not have considered to help improve your health. Designed to kick start your new health journey, this is for people who cannot wait to look at their own and their family's health differently. Discover incredible breakthroughs from one of the most influential thought leaders on vitalistic wellness. Dr Farrant's controversial book is impacting the lives of 1000

s of health consumers and health professionals around the world as they tune into a new understanding of health and where it comes from.

moss chiropractic and wellness of olney: *The Official SAT Study Guide, 2018 Edition* The College Board, 2018-10-23 Review every skill and question type needed for SAT success – now with eight total practice tests. The 2018 edition of The Official SAT Study Guide doubles the number of official SAT® practice tests to eight – all of them created by the test maker. As part of the College Board's commitment to transparency, all practice tests are available on the College Board's website, but The Official SAT Study Guide is the only place to find them in print along with over 250 pages of additional instruction, guidance, and test information. With updated guidance and practice problems that reflect the most recent information, this new edition takes the best-selling SAT guide and makes it even more relevant and useful. Be ready for the SAT with strategies and up-to-date information straight from the exam writers. The Official SAT Study Guide will help students get ready for the SAT with: • 8 official SAT practice tests, written in the exact same process and by the same team of authors as the actual exam • detailed descriptions of the math and evidenced based reading and writing sections • targeted practice questions for each SAT question type • guidance on the new optional essay, including practice essay questions with sample responses • seamless integration with Official SAT Practice on Khan Academy

moss chiropractic and wellness of olney: *Cancer* Ty M. Bollinger, 2006 Bollinger provides a roadmap to successfully treating cancer and regaining your health. His book is full of the most effective, non-toxic cancer treatments in the world... without surgery, chemotherapy, or radiation.

moss chiropractic and wellness of olney: Cardiovascular and Pulmonary Physical Therapy, Third Edition William DeTurk, Lawrence Cahalin, 2018-01-12 A comprehensive, up-to-date textbook spanning the entire scope of cardiovascular and pulmonary practice A Doody's Core Title for 2021! Cardiovascular and Pulmonary Physical Therapy, Third Edition reflects the broadest possible spectrum of cardiovascular and pulmonary practice and draws upon the expertise of a carefully selected team of world-renowned contributors. This internationally acclaimed text reviews must-know background knowledge, thoroughly explains exercise principles, cites the best evidence, and integrates the American Physical Therapy Association's approved practice patterns into the chapter content. Learn how to apply principles to practice in any setting with: The Guide to Physical Therapy Practice integrated throughout, with an entire chapter devoted to its history and use Preferred practice patterns for cardiovascular and pulmonary physical therapy form the core of eight chapters are used as springboards to describe interventions and outcomes Case studies in practice pattern chapters allow you to experience the proper application of the practice patterns The patient-client management model is used in the case studies with appropriate test, measures, and interventions selected from the practice patterns and applied to the patient "International Perspectives" provide a way to gain insight into the global practice of physical therapy Evidence-based and peer reviewed published material is included to help you develop specific intervention regimens Online access to case-based exercises, video clips illustrating technical psychomotor skills, and demonstrations of cardiac and pulmonary physical exams

moss chiropractic and wellness of olney: Cancer Registries Amendment Act United States, 1992

moss chiropractic and wellness of olney: Neurosurgical Infectious Disease Walter A. Hall, Peter D. Kim, 2013-08-15 Rapid diagnosis and treatment are crucial to successful outcomes in infections involving the central nervous system, which can cause significant neurological morbidity and mortality. Neurosurgical Infectious Disease: Surgical and Nonsurgical Management is a comprehensive guide that gives surgeons the core knowledge they need to diagnose, treat, and prevent infectious diseases of the central nervous system. Key Features: Emphasizes newer surgical techniques, including: endoscopy, neuronavigation, and intraoperative guidance Covers contemporary radiologic diagnostic techniques and provides excellent imaging examples Includes chapters on antibiotic prophylaxis, intracranial infection, and the infection of implanted devices This excellent neurosurgical reference will be an essential part of the armamentarium used by

neurosurgeons and infectious disease specialists in their daily practice.

moss chiropractic and wellness of olney: *Middle Fork Magic* Gayle Selisch, 2013-03-13 For many years, author Gayle Selisch and her husband ran Middle Fork Rafting Tours, one of the United States' premier whitewater rafting trips. While out on these tours, they used these wonderful recipes, trying, testing, and enjoying them on Idaho's Middle Fork of the Salmon River. These recipes highlight the use of the aluminum Dutch oven and are designed to be made primarily over charcoal, but they can also be cooked at home, in any oven. The recipes include breakfast dishes, unique lunch salads, appetizers, dinner entrees, side dishes, and desserts. River history and humor are incorporated among the recipes to add to its charm. From yummy pecan sticky buns to warm beans with herbs, from tomatoes and goat cheese to peppered pork tenderloin with blueberry sauce, there are wonderful, tasty dishes for everyone. The proceeds from the sale of this cookbook will benefit two important nonprofit organizations. The first beneficiary is the Swiftsure Therapeutic Equestrian Center located in Bellevue, Idaho. Therapeutic riding improves the lives of disabled persons. The second beneficiary is the Bald Mountain Rescue Fund, an Idaho organization that assists residents in times of catastrophic injuries.

moss chiropractic and wellness of olney: *Warrior Renew* Lori S. Katz, 2014-09-04
Print+CourseSmart

moss chiropractic and wellness of olney: Cardiovascular and Pulmonary Physical Therapy, Second Edition Lawrence P Cahalin, William E. DeTurk, 2010-12-22 A comprehensive textbook spanning the entire scope of cardiovascular and pulmonary practice Includes CD-ROM with interactive case studies Cardiovascular and Pulmonary Physical Therapy reflects the broadest possible spectrum of cardiovascular and pulmonary practice and draws upon the expertise of more than two dozen internationally recognized contributors. The second edition has been updated to cover the sweeping changes that have occurred in both the practice of physical therapy and the education of physical therapy students. These changes include health care cost containment, the introduction of the Guide to Physical Therapist Practice, and the utilization of the disablement model. Features: The Guide to Physical Therapy Practice is integrated throughout with an entire chapter devoted to its history and use Preferred practice patterns for cardiovascular and pulmonary physical therapy form the core of eight chapters are used as springboards to describe interventions and outcomes Case studies in practice pattern chapters allows readers to experience the proper application of the practice patterns The patient-client management model is used in the case studies with appropriate test, measures, and interventions selected from the practice patterns and applied to the patient "International Perspectives" provide a way to gain insight into the global practice of physical therapy Evidence-based and peer reviewed published material is included to help readers develop specific intervention regimens Companion CD-ROM includes case-study-based exercises, video clips illustrating technical psychomotor skills, and demonstrations of cardiac and pulmonary physical exams

moss chiropractic and wellness of olney: *Adverse Effects of Herbal Drugs* , 2012-12-06 This book series gives a comprehensive overview of the adverse effects of botanical medicines. It provides introductory information on Botany, Chemistry, Pharmacology and Uses, followed by an Adverse Reaction Profile subdivided according to organ and function. The third contribution to the series gives important information about eighteen specific medicinal herbs and important plant constituents. The herbs and constituents have been selected for several reasons, such as a prominent place in phytotherapy, clinical expectations about therapeutic potential and recent concern about a serious adverse reaction. The World Health Organization Regional Office for Europe (Copenhagen) has supported the book in the form of an acknowledgement that has been prepared by this Office.

moss chiropractic and wellness of olney: *Visionary Parenting: Capture a God-Sized Vision for Your Family* Rob Rienow, 2009-09-01 The author gives encouragement and insight into life-changing action that will impact generations to come. Parents will be inspired to build faith and character in the heart of their kids. Topics covered include: the God-filled normal life, impacting a thousand

generations, creating a home of unity, the noble calling of fatherhood and motherhood, the blessing of family worship, and discipline that disciples.

moss chiropractic and wellness of olney: How to Live Between Office Visits Bernie S. Siegel, 2011-09-06 In this compassionate and powerful healing guide, Dr. Bernie Siegel, the author of the triumphant bestsellers *Love, Medicine & Miracles* and *Peace, Love & Healing*, provides readers with healthy ways to respond to life's adversities.

moss chiropractic and wellness of olney: **Federal Family Education Loan Program** George A. Scott, 2008 Concerns have been raised about the Dept. of Education's role in overseeing the lenders & schools that participate in the largest of the Federal government's student loan programs, the Federal Family Education Loan Program (FFELP). The author was asked to analyze the Dept. of Education's use of its oversight, guidance, & enforcement authorities under FFELP. To do this, the author reviewed departmental documents & Federal laws, regulations, & cases & interviewed officials from the Dept. of Education & the student loan industry. Includes recommendations. Charts & tables.

moss chiropractic and wellness of olney: **The RealAge (R) Makeover** Michael F. Roizen, 2004-04-06 Why not live at 60 feeling like you did at 35? Thousands of Americans are younger today than they were five years ago. How is that possible? By following the specific recommendations that reverse aging in Dr. Michael Roizen's bestselling book *RealAge®: Are You As Young As You Can Be?*, people who were previously much older than their chronological age have now taken up to twenty-nine years off their biological ages. Since that first publication, more than 10 million people have taken the RealAge® test in one form or another, and thousands of people have thanked Dr. Roizen for helping them make simple changes in their lives -- changes that have made them healthier, younger, and more vibrant. In the last several years, Dr. Roizen and his team have learned much more about the aging process. The RealAge® Makeover makes sense of recent critical medical findings -- important new research on inflammation in your arteries, stress reduction, chronic disease management, hormone replacement therapy, and other choices you can make to keep aging at a distance. You'll also find the latest on vitamins and other supplements, which are age-reducing, which are aging, and which ones to avoid if you are taking certain medications. Roizen then offers more than seventy ways to reduce or even prevent 80 percent of the diseases that make you feel older. For example, coffee or the right kind of chocolate in moderate amounts can help reduce inflammation, preserving your arteries, joints, and memory. But the wrong choice can lead to needless aging and loss of energy, such as taking too much Vitamin A. And The RealAge® Makeover tells you how much (in years) each choice is worth so you can make the choices that are meaningful to you. More potent than any statistic or finding are the personal stories interwoven throughout -- success stories from readers who followed the RealAge program, became biologically younger, and are living happier, healthier lives. With this book, readers have more opportunity than ever to turn back their biological clock to look, feel, and actually be many years younger. Join the RealAge® Revolution and give yourself a RealAge® Makeover!

moss chiropractic and wellness of olney: *Where Dolphins Fly* Jenny Conner Keeley, 2018-03-25 A lone crypt inscribed Sacred to the Memory, Charles Dummett 1844-1860 rests in the middle of a shady street in New Smyrna. The quiet beachside neighborhood is the former site of his father's riverfront plantation; Mount Pleasant. The cracked, marble-topped vault holds a family story of pioneer grit and courage in wild and dangerous jungles of territorial Florida; the chaotic settlement of New Smyrna through grisly Seminole Wars, and a divisive, bloody Civil War. Based on the life of Yale educated Douglas Dummett, originator of the Indian River citrus strain; he was a judge, Territorial and State Representative, and leader of the mounted militia... 'The Mosquito Roarers'. Set within an historical timeline in the age of Osceola, this is a local story of the Old South; triumph and loss, slavery and survival...and family secrets of forbidden love. This is where it happened, on this white sand tropical island paradise of New Smyrna Beach, Florida...where dolphins fly!

moss chiropractic and wellness of olney: **Confessions of a Male Gynecologist** Andre

Bellanger, Andre Bellanger M D, 2016-04-26 Curious about the world of obstetrics and gynecology? Want to know why a future doctor would want to specialize in gynecology? Or perhaps you'd just like a peek behind the curtain, so to speak -- and to hear some OBGYN secrets. If you're intrigued by any of these topics, or just want to know about women's health from an OBGYN who tells it like it is, this book is for you. Confessions of a Male Gynecologist reveals not only what your gynecologist is thinking when your feet are in the stirrups, but provides women with some frank advice. Dr. Bellanger provides readers with an education, gets on his high horse, and shares some unbelievable (and in many cases), laugh-out-loud stories. Here's what readers have to say ... full of insights you had no idea you wanted to know. ... informational, educational, and at times downright hysterical ... answers all the questions you've ever had about your gynecologist ... an entertaining experience. ... an insightful look into the complexity and realities of not only women's health, but the state of our health care system today.

moss chiropractic and wellness of olney: The Secret of the Gypsy Queen Brian Dunning, 2012-06-11 A little girl must save her kingdom when she is the only one who does not fall for the pop pseudoscience of the day.

moss chiropractic and wellness of olney: Food from the White House Nataniël, 2002

moss chiropractic and wellness of olney: Fresh from the Farm 6pk Rigby, 2006

moss chiropractic and wellness of olney: KALANI THE CHIROPRACTOR Ross R. Olney, 2017-02-08 What does a chiropractor do for you? Dr. Kalani Gusman Jose, a chiropractor with many years of experience and thousands of satisfied patients, and a man who plans to change the face of health care, tells all in this book on himself, his practice, what to expect when you schedule a visit, and his own love of his profession. He had a terrible accident as a young truck driver, and turned to a chiropractor after medical doctors could no longer help with the intense pain he was suffering. As a former athlete, he was desperate to prove the doctor who said, -You will never walk again, - was wrong. And he did walk again, and in fact he was so caught up in chiropractic care that he became a D.C. himself, and now his unique practice of what he thinks is a -magical- profession is fascinating, and very educational. Yes, Kalani Jose could -change the face- of health care with his different approach to a type of patient care that is growing rapidly as more and more M.D.'s refer more and more of their patients to him.

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