

LANCASTER CHIROPRACTIC LIFE CENTER

Good Habits to Start in July:

Drink 8 glasses of water each day

Get up early to exercise, learn or reflect

Express gratitude to your loved ones

Find an exercise you love & start practicing

Scroll less & read more

Keep electronics away from your bed

Thank you for your Referrals!

Doug, Mike, Brian, Mitch, Tim, Tracy, Courtney, David, Janessa, Dani, Omayra, Teighlor, Dominika, Gabrielle, Hope, Kelsie, Keith, Anna, Kelly

Upcoming Dates

Monday, July 13th: CLOSED

Tuesday, July 14th: Dr. Melissa Covering

Wednesday, July 15th: CLOSED

Thursday, July 16th: Dr. Melissa Covering

Monday, September 7th: CLOSED

Happy July!

Summer is a wonderful time to stay active, travel, and enjoy outdoor activities. Whether you're gardening, golfing, hiking, or spending time with family, increased activity can also place added stress on your spine and nervous system. Regular chiropractic care helps your body adapt to these stresses and function at its best.

New in the Office: The Jackson CCJ Method

I am excited to share that I have begun incorporating the **Jackson CCJ Method** into my practice. This specialized chiropractic approach focuses on the **Craniocervical Junction (CCJ)**—the area where the skull meets the upper neck. This region has a significant influence on balance, posture, nervous system function, and overall health.

As part of this process, I utilize temperature scans to help assess nervous system balance. Following an adjustment, I check temperature readings on both sides of the neck. Ideally, the readings should be balanced. If there is more than a **0.5-degree difference** between sides, I will perform an additional evaluation and make any necessary corrections before completing your visit. This helps ensure we are achieving the best possible outcome from your adjustment.

Introducing the ArthroStim

Many of you may also notice a new instrument called the **ArthroStim** in some adjusting rooms. The ArthroStim delivers gentle, precise impulses to specific areas of the spine and supporting structures. Patients often find it comfortable, and it allows for a focused approach to restoring proper motion and function.

Currently, the ArthroStim is available in one of my adjusting rooms, so not every patient will experience it right away. As I continue integrating this technology into the practice, more patients will have the opportunity to benefit from it.

Thank you for trusting me with your health and wellness. I look forward to helping you and your family stay healthy, active, and balanced throughout the summer.

Yours in Health,

Dr. Tai



July 2026

Our Office Hours

M-Th: 10-12:30 & 3-6:30

Walk-ins End 10-Minutes Prior To Closing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
						Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	CLOSED	Dr. Melissa Covering	CLOSED	Dr. Melissa Covering		
19	20	21	22	23	24	25
26	27	28	29	30	31	

Walk-ins must arrive by 12:20pm/6:20pm in order to be seen. Thank you!