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Happy New Year!

A NEW YEAR, A NEW YOU

AS WE ENTER THE NEW YEAR, WE HOPE EVERYONE HAD A WONDERFUL AND SAFE HOLIDAY SEASON AND LOOK FORWARD TO SEEING YOU ALL IN 2016! WE ARE EXCITED TO CONTINUE WORKING WITH YOU AND LOOK FORWARD TO HELPING YOU REACH YOUR MOST HEALTHY SELF THIS YEAR. BELOW WE HAVE ATTACHED SOME OF OUR MOST EXCITING NEWS UPDATED FOR EVERYONE SINCE OUR LAST NEWSLETTER LAST YEAR.



INSIDE THIS ISSUE

Dr. Brent Compton	2
Medicare Braces	2
Add'l Services/Products.....	2
Chiropractic Care/Wellness	3
Chili Cook-Off	4
Staff News/Hours	4
Mindful Eating.....	5

SPECIAL POINTS OF INTEREST

- DME Accreditation Standards
- American Specialty Health (ASH)
- 2016 Staff Profiles



DR. BRENT COMPTON WELCOMES BABY NO. 2

DR. BRENT COMPTON AND HIS WIFE, ASHLEY, ARE EXPECTING THE ARRIVAL OF THEIR SECOND CHILD IN FEBRUARY AND BROTHER, BLAKE (15 MONTHS), IS LOOKING FORWARD TO HAVING A BABY SISTER! ELIZABETH IS SCHEDULED TO MAKE HER ARRIVAL AROUND FEBRUARY 12TH.

DR. COMPTON CONTINUES TO WORK TOWARDS EARNING HIS MEDICAL DOCTOR DEGREE AND UPON COMPLETION PLANS TO PRACTICE INTERNAL MEDICINE, AS WELL AS CHIROPRACTIC IN ORDER TO BETTER SERVE OUR

PATIENTS.

PLEASE NOTE THAT HE WILL CONTINUE TO TREAT HIS PATIENTS WHILE ATTENDING MEDICAL SCHOOL. (WE APPRECIATE DR. COMPTON'S PATIENTS BEING WILLING TO BE FLEXIBLE HERE AND THERE AS HIS AVAILABILITY WILL BE LIMITED DURING THIS TIME.) CURRENTLY, DR. COMPTON IS WORKING 3-4 DAYS PER WEEK AND WILL CONTINUE TO DO SO UNTIL FEB. 12TH, ELIZABETH'S DUE DATE.

“Put your family's healthy in our family's hands”

DME MEDICARE ACCREDITATION STANDARDS

ON NOVEMBER 2006, THE CENTERS FOR MEDICARE & MEDICAID SERVICES (CMS) APPROVED 10 NATIONAL ACCREDITATION ORGANIZATIONS THAT WILL ACCREDIT SUPPLIERS OF DURABLE MEDICAL EQUIPMENT, PROSTHETICS, ORTHOTICS, AND SUPPLIES (DMEPOS) AS MEETING NEW QUALITY STANDARDS UNDER MEDICARE PART B. COMPTON CHIROPRACTIC IS PROUD TO HOLD THIS ACCREDITATION.

MEDICARE APPROVED BRACES

WE CONTINUE TO OFFER MEDICARE APPROVED BRACING FOR BACK AND KNEE PAIN AT LITTLE TO NO OUT-OF-POCKET COST TO YOU. THIS MAKES US LESS THAN 1% OF CHIROPRACTORS ACROSS THE COUNTRY WITH THIS ACCREDITATION. WE HAVE BRACES THAT CAN DECOMPRESS THE SPINE FOR THOSE PATIENTS THAT SUFFER FROM CHRONIC LOW BACK PAIN, SCIATICA, STENOSIS, SPINAL FRACTURES, HERNIATED DISC(S), AND/OR SCOLIOSIS.

WE ALSO OFFER KNEE BRACES THAT CAN “OFFLOAD” DEGENERATED KNEE CONDITIONS, HELPING ALLEVIATE PAIN ASSOCIATED WITH OSTEOARTHRITIS AND OTHER DEGENERATIVE DISEASE CONDITIONS OF THE KNEE. NOT ONLY WILL YOUR PAIN BE DRASTICALLY REDUCED, THIS BRACE IS INTENDED TO POSTPONE THE NEED FOR PARTIAL AND TOTAL KNEE REPLACEMENT SURGERIES FOR MONTHS, OR YEARS.

IF YOU WOULD LIKE TO GET MORE INFORMATION ABOUT HOW OUR

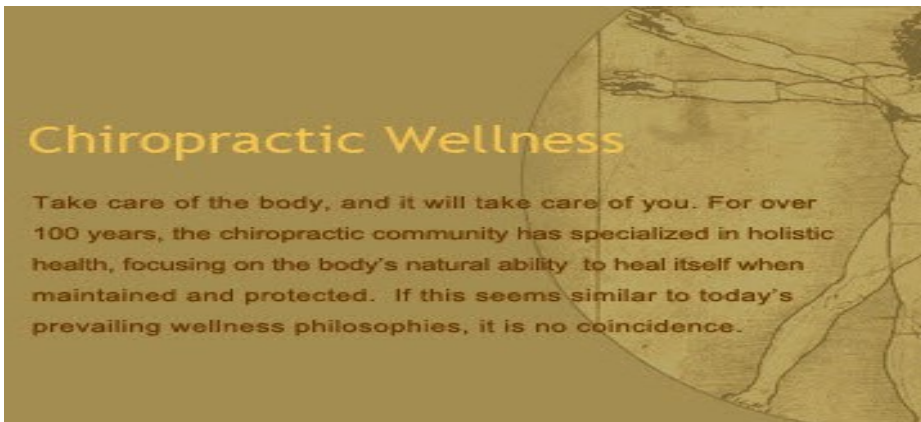
ADDITIONAL SERVICES/PRODUCTS OFFERED

AT COMPTON CHIROPRACTIC, IT'S OUR MISSION TO PROVIDE QUALITY CARE AND WE BELIEVE IN COMPREHENSIVE CARE PLANS TO MEET THE NEEDS OF OUR PATIENTS. DID YOU KNOW WE OFFER THE FOLLOWING SERVICES/PRODUCTS?

- PRESCRIPTION PAIN PATCHES-DISPENSED IN OFFICE WHEN CLINICALLY NECESSARY.
- “FOOT LEVELERS” (CUSTOM ORTHOTIC INSOLES)
- KINESIO-TAPING
- HEAVY METAL TESTING-CHELATION

- FOOD ALLERGY BLOOD TESTS
- STANDARD PROCESS SUPPLEMENTS
- GRASTON, COLD LASER & STRETCHING
- BIOFREEZE/SOMBRA

IF YOU WOULD LIKE ANY ADDITIONAL INFORMATION ABOUT THESE SERVICES OR PRODUCTS, PLEASE CONTACT OUR OFFICE OR ASK OUR PHYSICIANS AND STAFF MEMBERS DURING YOUR NEXT VISIT.



CHIROPRACTIC CARE

IF YOU HAVE FAMILY, FRIENDS OR NEIGHBORS THAT SUFFER FROM NECK AND BACK PAIN, CHIROPRACTIC CARE A GREAT OPTION. AT COMPTON CHIROPRACTIC , WE HAVE A TEAM OF EXPERIENCED CHIROPRACTORS WHO WILL WORK WITH YOU TO DIAGNOSIS THE PROBLEM AND DEVELOP A PERSONALIZED TREATMENT PLAN. IN ADDITION, WE STRIVE TO ALWAYS MAKE THE SATISFACTION OF OUR PATIENTS IN THE VILLAGES AREA OUR NUMBER ONE PRIORITY.

WHILE WE TYPICALLY ONLY NEED 4-8 VISITS TO CORRECT A PROBLEM, MOST INSURANCE PLANS WILL COVER 18-30 VISITS PER YEAR FOR CHIROPRACTIC CARE, AS THEY REALIZE REGULAR CARE WORKS BEST. CONTRARY TO POPULAR BELIEF, MEDICARE HAS NO LIMIT FOR VISITS WITHIN A YEAR. COMPTON CHIROPRACTIC HAS YOUR HEALTH IN MIND AND WE'VE ALWAYS GOT YOUR BACK. PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE WITH ANY QUESTIONS, COMMENTS OR CONCERNS.

AMERICAN SPECIALTY HEALTH (ASH)

BEGINNING FEB. 2016, COMPTON CHIROPRACTIC WILL BE PROVIDING OUT-OF-NETWORK CHIROPRACTIC, OR DISCOUNTED TIME OF SERVICE PAYMENT BENEFITS FOR PATIENTS WITH AMERICAN SPECIALTY HEALTH (ASH) COVERAGE.

WE REALIZE THIS MAY COME AS A SURPRISE TO MANY OF YOU, HOWEVER, WE HAVE WAITED WITH EXTREME PATIENCE FOR ONE YEAR TO FULLY ASSESS THE RELATIONSHIP WITH AMERICAN SPECIALTY HEALTH (ASH). FOR THOSE INDIVIDUALS AFFECTED, YOU WILL STILL BE ABLE TO RECEIVE THE SAME STANDARD OF CARE IN OUR OFFICE. WE PERSONALLY INVITE ANY AND ALL PATIENTS TO CONTACT OUR OFFICE WITH QUESTIONS REGARDING AMERICAN SPECIALTY HEALTH (ASH).

2016 STAFF

PROFILES

ASHTON— ASHTON RETURNS TO OUR PRACTICE AS OUR CLINICAL SERVICES DIRECTOR. HE WILL BE MANAGING OUR DME PATIENTS, MARKETING AND CLINICAL OPERATIONS. ASHTON HOLDS A MASTERS OF SCIENCE IN EXERCISE SCIENCE AND IS WORKING TOWARDS HIS DRPH IN PUBLIC HEALTH, WITH PLANS TO PURSUE HIS DOCTOR OF PHYSICAL THERAPY AS WELL. ASHTON IS MARRIED TO HIS WIFE, RACHAEL, AND THEY HAVE A 6 MONTH OLD DAUGHTER, LAEKYN.

DEANNA— DEANNA “DEA” CONTINUES TO MANAGE OUR THERAPY ROOM. DEA HAS BEEN WITH OUR PRACTICE FOR ALMOST TWO YEARS AND HAS ESTABLISHED GREAT THERAPY RESULTS FOR OUR PATIENTS REQUIRING THERAPY TREATMENTS. IF YOU FIND YOURSELF IN NEED OF A THERAPY, DEA IS HERE TO HELP GET YOU FEELING BETTER!

VANESSA —VANESSA IS WORKING TOWARDS HER CCPA (CERTIFIED CHIROPRACTIC PHYSICIAN ASSISTANT) LICENSURE, WHICH WILL PROVIDE AN ADDITIONAL SKILLED TEAM MEMBER FOR OUR PHYSICIANS AND PATIENTS. VANESSA WILL ALSO BE WORKING WITH OUR COMMUNITY RELATIONS EVENT THIS YEAR.

19TH ANNUAL ROTARY CLUB OF THE VILLAGES CHILI COOK-OFF

IT'S THAT TIME OF YEAR AGAIN...SWING BY THE COMPTON CHIROPRACTIC TENT AT THE LAKE SUMTER LANDING FOR THE ANNUAL CHILI COOK-OFF ON FEBRUARY 6TH. WILL BE GIVING AWAY SOME WORLD CLASS CHILI AND COMPTON CHIROPRACTIC GIVEAWAYS. WE LOOK FORWARD TO SEEING YOU ALL!



CONGRATS TO DR. DANIEL TAYLOR

CONGRATULATIONS DR. DANIEL TAYLOR FOR RECENT ENGAGEMENT TO HIS NOW FIANCEE, KAYLA! GOOD LUCK TO DR. TAYLOR AS HE AND KAYLA ARE BUSY PLANNING THEIR WEDDING FOR OCTOBER 2016 IN OCALA. CONGRATS!

SAYING GOODBYE TO MELISSA

PLEASE JOIN US IN WISHING OUR COLLEAGUE, MELISSA JENNINGS, FAREWELL AS SHE AND HER FAMILY WILL BE RELOCATING TO SOUTH FLORIDA IN FEBRUARY. WE WILL MISS MELISSA GREATLY AND WISH HER WELL AS SHE MAKES THIS TRANSITION. GOOD LUCK MELISSA AND THANK YOU FOR ALL YOU HAVE DONE FOR COMPTON CHIROPRACTIC!

“The food you eat can either be either the safest & most powerful form of medicine or the slowest form of poison.” Ann Wigmore

MINDFUL EATING VS. DIETING

EATING IS A NATURAL, HEALTHY AND PLEASURABLE ACTIVITY FOR SATISFYING HUNGER. HOWEVER, IN OUR FOOD ABUNDANT, DIET-OBSSESSED CULTURE, EATING IS OFTEN MINDLESS, CONSUMING, AND GUILT-INDUCING INSTEAD. MINDFUL EATING IS AN ANCIENT MINDFULNESS PRACTICE WITH PROFOUND MODERN IMPLICATIONS AND APPLICATIONS FOR RESOLVING THIS TROUBLE LOVE-HATE RELATIONSHIP WITH FOOD.

MANY PEOPLE WHO STRUGGLE WITH FOOD REACT MINDLESSLY TO THEIR UNRECOGNIZED OR UNEXAMINED TRIGGERS, THOUGHTS, AND FEELINGS. IN OTHER WORDS, THEY RE-ACT-REPEATING PAST ACTIONS AGAIN AND AGAIN FEELING POWERLESS TO CHANGE. MINDFULNESS INCREASES YOUR AWARENESS OF THESE PATTERNS WITHOUT JUDGMENT AND CREATES SPACE BETWEEN YOUR TRIGGERS AND YOUR ACTIONS.

FOR EXAMPLE, WHENEVER

YOU NOTICE THAT YOU FEEL LIKE EATING AND PAUSE TO ASK THE QUESTION, “AM I HUNGRY?”, YOU ARE ABLE TO OBSERVE YOUR THOUGHTS AND CHOOSE HOW YOU WILL RESPOND. INSTEAD OF RE-ACTING MINDLESSLY, MINDFULNESS GIVES YOU RESPONSE-ABILITY. THAT IS HOW MINDFUL EATING EMPOWERS YOU TO FINALLY BREAK OLD AUTOMATIC OR HABITUAL CHAIN REACTIONS AND DISCOVER OPTIONS THAT WORK BETTER FOR YOU.

THE “AM I HUNGRY” APPROACH TO CONSUMING FOODS TAKES THE FOCUS OFF THE RESULTS AND ASSISTS YOU IN STRATEGIES DESIGNED TO PROMOTE AWARENESS AND MINDFULNESS AROUND THE CHOICES YOU MAKE TO REACH YOUR MOST

RACHEL- RACHEL WILL CONTINUE WITH OUR STAFF ON A PART TIME BASIS AS SHE PURSUES HER PHYSICAL THERAPY ASSISTANT LICENSURE. RACHEL WORKS CLOSELY WITH OUR THERAPY DEPARTMENT AND ADDS ADDITIONAL SUPPORT ON FRIDAYS WHEN SHE IS NOT ATTENDING SCHOOL.

ROBIN- ROBIN IS OUR NEWEST TEAM MEMBER AND JOINS US ALL THE WAY FROM FT. LAUDERDALE. ROBIN HAS WORKED IN A CHIROPRACTIC SETTING FOR SEVERAL YEARS AND WILL BE THE POINT OF CONTACT AT OUR FRONT DESK WHERE SHE WILL BE SCHEDULING PATIENTS, CHECKING THEM IN AND OUT, AS WELL AS ANSWERING YOUR PHONE CALLS AND QUESTIONS. PLEASE HELP US WELCOME ROBIN TO THE TEAM!

It's not just
WHAT you eat.

It's **HOW**
you eat it.



