



Shant Wellness

chiropractic • yoga • acupuncture

Relax . Recover . Rejuvenate . Awaken

3840 E. Semoran Blvd. Ste 1054 Apopka, FL 32703 / Ph: 407.880.1218
www.shantwellness.com



Complete Chiropractic Exam & Consultation **ONLY \$27** When you mention this ad (A value of \$155)

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT. THIS OFFER IS INVALID WHEN WORKERS' COMPENSATION, MEDICARE AND/OR AUTOMOTIVE INSURANCE LAWS GOVERN PAYMENT OF TREATMENT BY THESE CARRIERS.

Dr. Pari Limbachia, D.C.
Certified in Acupuncture

Chiropractic Massage

Chiropractic Massage addresses a variety of health concerns and conditions, the most prevalent being stress-related tension, which, experts believe, accounts for 80%-90% of disease. Chiropractic massage targets trigger points, scar tissue buildup and restricted motion due to chronic muscle tightness and spasms.



"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and the cause and prevention of disease." - Thomas Edison

Other Services Include:

- *Wellness Care
- *Electrical Muscle Stimulation
- *Prenatal Massage
- *Baby Massage
- *Trigger Point Therapy
- *Cryotherapy / Heat Therapy
- *Weight Loss Programs
- *Family Care
- *X-Rays
- *Chiropractic Massage
- *Ultrasound Therapy
- *Interferential Stimulation
- *Aqua Thermassage
- *Detoxification Programs

Located at:

Bear Lake Shoppes
3840 E. Semoran Blvd. Suite 1054
Apopka, FL 32703
407.880.1218

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What are the financial options?

At Shant Wellness we accept most major insurances and we provide a number of flexible payment plans to accommodate individual and family needs. We accept all major credit cards and various forms of payment including Health Savings and Flex Spending Accounts.

If you want to live long and prosper you must be willing to take responsibility for your life and respond to life's challenges by taking appropriate action. Look at your daily choices. Choose ones that support wellness and happiness for yourself and those closest to you.

Life is not living, but living in health. - Martial, Roman poet

Let us help you reach optimum health!

What makes Shant Wellness different?

Our Commitment to Health

We all want a longer, healthier, higher quality of life for our family, loved ones and ourselves. But how can we achieve it?

At Shant Wellness our mission is to help you achieve a higher quality of life. We consider your care as a partnership, with you, in creating wellness in your life. Our vision is to serve this community by promoting spinal health through **chiropractic, yoga, acupuncture and massage therapy** at the highest quality possible, in a soothing spa-like environment.

To Maintain this Commitment

A thorough examination helps locate areas of nervous system compromise. This helps us understand and characterize any abnormal activity surround the spine. This activity can be associated with forms of nervous system dysfunction. Often times spinal dysfunction does not create pain or discomfort until it has progressed to an advanced stage. The spinal examination we perform helps us identify these problems before they become symptomatic.

*"Disease is NOT the presence of something EVIL.
It IS the absence of something ESSENTIAL."*

The results of your thorough spinal exam, allows us to determine if we can help. And if so, create an appropriate treatment plan according to your individual needs.

Chiropractic

In our society and model of health care it is common to resort to the quick fix of symptoms versus finding the underlying cause. In chiropractic we look for the cause. Chiropractic care focuses on the integrity of your nervous system. Chiropractic adjustments remove uncorrected stress to the spine, restoring communication within the nervous system and thereby empowering your body's natural ability to heal itself.

The real power of chiropractic is not only in relieving neck or back pain but in restoring your body's ability to **heal from within** and adapt to stresses more efficiently.

Chiropractic care allows you to realize a fuller experience of health, wellness and quality of life.



Who can chiropractic help?

Everyone.

Improved nerve communications between your brain and body can help everyone. Modified adjusting approaches help infants, children, elderly, pregnancy and those with special needs.

Imagine the difference this would have on your wellness.

Yoga

The principles of yoga combine a unique and ancient system of breathing practices, physical exercise, postures and meditation combined to integrate the practitioner's body, mind and spirit.

Yoga allows a practitioner to strengthen one's core muscles of their body through both simple and challenging poses.

We offer various types of Yoga including:

Vinyasa
Kundalini
Hatha
Asthanga

At Shant Wellness you will find the perfect Yoga classes for your level from Beginner's to Advance.



Acupuncture

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles at very precise acupuncture points. The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. An obstruction in the movement of these energy channels can cause a back up in other channels. The meridians can be influenced by needling the acupuncture points, unblock the obstructions, and reestablish the regular flow through the meridians.

Change the experience of pain
Trigger the release of chemicals and hormones
Influence the body's internal regulating system
Boost your immune system

