

Charleston Chiropractic Studio

	Issue No. 9 September 2026	
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September Highlights

This month we are focusing on falling into a healthier season with our **\$37 Fall Into Health Special** for **new and returning patients!**

Also, **September 18th is Chiropractic's Birthday!** We're celebrating **131 years since the first chiropractic adjustment** in 1895 and another year of **helping our community feel and function their best.**



September Wellness Insights

Neck Pain: What Does the Research Say?



Neck pain is one of those problems that can affect nearly everything you do, from working at a computer and driving to sleeping comfortably. In fact, an estimated **70% of people will experience neck pain at some point in their lives.** When pain appears, many people reach for medication first, but research suggests conservative care may be an effective alternative. A randomized controlled trial followed **272 adults with acute or subacute neck pain** and compared three approaches: spinal manipulation therapy, medication, and home exercise with advice.

Researchers found that spinal manipulation was more effective than medication for pain in both the short and long term, with significant advantages at 8, 12, 26, and 52 weeks. Home exercise also produced outcomes similar to spinal manipulation at most time points. The findings highlight the potential value of conservative, non-drug approaches to neck pain, including chiropractic care and appropriate movement, not only for short-term relief but for longer-term improvement as well.

Reference: Bronfort G, et al. Ann Intern Med. 2012;156(1):1–10.

A promotional graphic for Charleston Chiropractic Studio. It features a dark wood background with pumpkins and autumn leaves. The text is in white and orange. The main headline is 'FALL INTO HEALTH' in large orange letters. Below it is '\$37 EXAM' in white, followed by 'FOR NEW & RETURNING PATIENTS' in smaller white text. The studio's logo, which includes a bridge and the words 'CHARLESTON CHIROPRACTIC Studio', is centered. Below the logo, it lists what the exam includes: 'CONSULTATION WITH THE DOCTOR', 'NEUROLOGICAL SCANS, ORTHOPEDIC TESTING', and 'DIGITAL X-RAYS & REPORT OF FINDINGS'. At the bottom, it says 'LIMITED TO THE FIRST 10 VOUCHERS CLAIMED' and provides the email 'INFO@CHARLESTONCHIROSTUDIO.COM' and phone number '843-852-4141' in orange.

FALL INTO HEALTH

\$37 EXAM

FOR NEW & RETURNING PATIENTS

CHARLESTON CHIROPRACTIC Studio

YOUR \$37 EXAM INCLUDES:

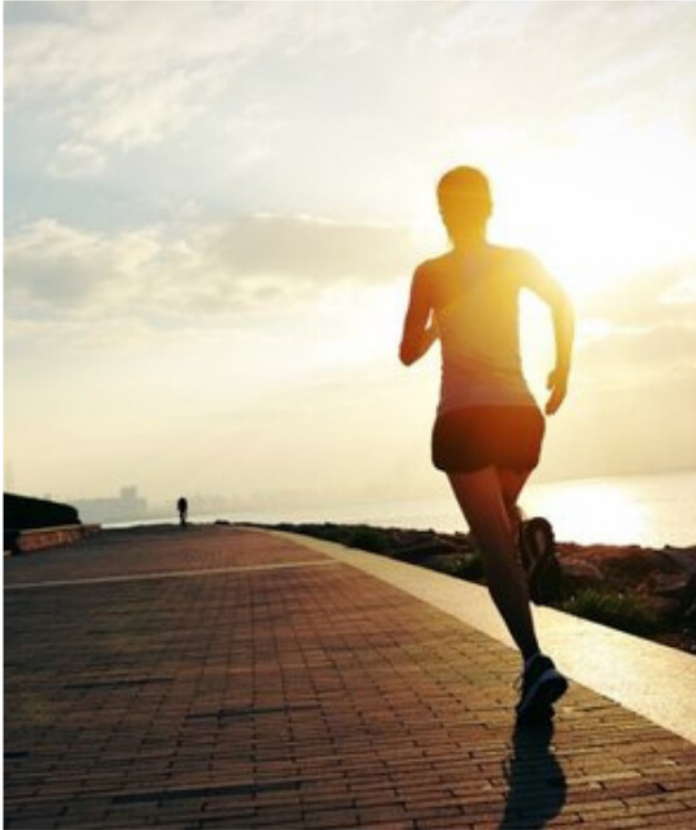
CONSULTATION WITH THE DOCTOR
NEUROLOGICAL SCANS, ORTHOPEDIC TESTING
DIGITAL X-RAYS & REPORT OF FINDINGS

LIMITED TO THE FIRST 10 VOUCHERS CLAIMED

INFO@CHARLESTONCHIROSTUDIO.COM 843-852-4141

September Wellness Insights

One Simple Challenge: Turn Over a New Leaf



Break One Bad Habit

One Simple Challenge: Leave One Habit Behind

Fall is all about change—and sometimes getting healthier isn't about adding something new. It's about letting go of something that's no longer serving you.

This month, identify ONE small habit you'd like to leave behind.

Maybe it's hitting snooze three times, scrolling while you eat, saying yes when you really don't have the bandwidth, waiting until you're starving to eat, or putting off something that would make you feel better.

The Sunday Reset

September brings us back to routines, schedules, school, sports and busy weeks. So this month, give yourself 15 minutes every Sunday to reset for the week ahead. Check your calendar. Tidy one space. Prep something you'll need. Decide what meals you're making. Put something on the calendar that's just for you.

The goal isn't to have a perfectly organized week—it's to make Monday feel a little less chaotic.

One Simple Challenge: 15 minutes on Sunday. A smoother week ahead.

The Fall Five

One Simple Challenge: Take Five for Yourself
This September, we're challenging you to set aside five minutes every day for something that makes you feel better.

The best part? It doesn't have to be the same thing every day.

Take five minutes to step outside. Read a few pages. Prep a healthy snack. Sit somewhere quiet. Do something you've been putting off. Call someone you love. Whatever you need that day.

Five minutes. Your choice. Every day.

You don't have to overhaul your life. Just notice the habit, catch yourself when you can, and make a different choice.

What are you leaving behind this fall?

September Wellness Insights

Heather: September Patient of the Month



“I have been receiving care from Charleston Chiropractic Studios for a few years now. I came to them with severe neck and back issues, which they cleared up quickly and have helped me to stay pain free ever since.

Dr. Kasandra and Dr. Leo truly care about your chiropractic health for the long run. They and all of the staff at Charleston Chiropractic Studio are always professional, helpful, kind, and have a positive loving energy every single time I go in for an adjustment. They also get me in as soon as possible, if I'm having any issue, for an extra adjustment if I need one.

I know that without chiropractic maintenance I would absolutely have more pain and probably more overall health issues, so I am forever grateful for the constant care I receive from everyone at Charleston Chiropractic Studio!

Dr. Kasandra and Dr. Leo also answer any questions I have and educate me on how to maintain and improve my spinal health with updated exercises or supplements I may want try as well. They are always available and take the time to help me whenever I have a question.

I honestly can't recommend this place enough for chiropractic care... they have truly been a blessing to my overall health!

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Know Someone Who Could Feel Better?



Headaches, tight shoulders, low back pain, or just feeling “off”? You probably know someone who's been dealing with that too. **We are honored to care for your family and friends! Ask about our referral discount.**