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Meet Dr. Elayna Dr. Shapiro's PSA Lifetime Wellness Benefits Review of the Month Free Workplace Workshop



Hello Patients and Neighbors,

I want to start by saying Thank You. The people who walk through our doors are not just patients to us. You are the reason this practice exists, and after 33 years, I am still humbled by the trust you place in our team. Nothing brings me more joy than watching patients move beyond pain, stand taller, feel their energy return, and get back to living the lives they want and deserve.

Almost all new patients we welcome to CSS come to us because someone like you told them the truth: Their health can be so much better, and there is a unique and different place that can help. A coworker overhearing a health complaint. A family member who finally says, "You have to come see my doctor." A friend who gets tired of watching someone she loves suffer. Word-of-mouth is why we are here. It is our greatest opportunity to help more people in the community live their best lives.

So this edition is built around that premise. In the Health Empowerment Zone, you will meet our newest doctor, get an inside look at what is actually happening during your visits, and learn the best response when someone you care about asks what we do. We want to make it as easy as possible for you to help the people you truly care about.

*"Your health is your most valuable asset.
Protect it for those who count on you."*

Here's to your health and to inspiring more of your friends and neighbors, near and far, to discover how to live happier, healthier, stronger, longer!

Dr. David Shapiro, DC

CLINICAL DIRECTOR & FOUNDER
COMPLETE SPINE SOLUTIONS

CSS FACT Patients travel to our Tucker office from across Georgia, other states, and even other countries for the highly specialized, cutting-edge non-surgical spinal correction we excel at providing.

OUR MISSION

Give the Gift of Optimal Health

GIVE A FRIEND 50% OFF



Know someone struggling with pain, low on energy, or told surgery is the only option? The path to optimal health starts here. Scan the code and give a special person 50% off our initial consultation, exam, and X-rays.

Lifetime Wellness patients: Ask us about your FREE yearly referral coupon.

Help us help someone you love!

LET'S CONNECT

770-938-4606

CompleteSpineSolutions.com

@CompleteSpineSolutions

2347 Brockett Rd, Tucker GA



WELCOME TO THE TEAM

Dr. Elayna Freeman, DC

We are thrilled to welcome Dr. Elayna Freeman to the Complete Spine Solutions family!

Originally from Farmington, Michigan, Dr. Elayna graduated Magna Cum Laude from Life University's Doctor of Chiropractic program. Her own experience with chiropractic care completely changed her understanding of what it means to truly feel and function well, and that transformation is what inspired her to dedicate her career to helping others.

At CSS, Dr. Elayna brings a fresh energy and a genuine passion for getting to the root cause of her patients' health concerns. She spent her clinical training and internship providing hands-on care to hundreds of patients, and she is ready to bring that experience to our community. When she is not in the office, you will find her on a hiking trail, on a yoga mat, or spending time with her dog. We are honored to have her on the CSS team.

"The power that made the body heals the body." – B.J. Palmer, Developer of Chiropractic

NOTE FROM THE DOCTOR

How to Explain What We Do (When Someone Asks)

You have probably had this conversation. A friend mentions his chronic back pain. A coworker is dreading another epidural. Your sister-in-law was told surgery is her only option. They know you go to a chiropractor, and they ask what makes CSS different. Here is the simplest way to explain it:

"Most chiropractic care is about temporary pain relief: crack the back, and the patient is told to return when it hurts again. CSS is about structural correction. They use objective X-ray measurements to determine exactly what is misaligned in your spine, and then they build a customized care plan to actually fix the structural issues, not just manage the symptoms. It is the most researched and published technique in all of chiropractic. And because your spine protects the nervous system that runs your whole body, fixing it improves your overall health, not just your back pain."

This paragraph has changed lives. Know someone who needs to hear it? Use the referral offer in this newsletter.



DR. SHAPIRO'S PSA *Death, Taxes... and Spinal Degeneration*

They say only two things in life are certain. I am here to tell you there is a third: spinal degeneration. We live in a gravitational environment, and every single day, gravity is working on your spine. Over a lifetime, it will wear down. That part is inevitable.

But here is what is NOT inevitable: the rate at which it wears down. Think about the tires on your car. Every tire wears out eventually, but a car out of alignment chews through tires in a fraction of their lifespan. Your spine works exactly the same way. A spine out of alignment degenerates dramatically faster than a spine in its optimal position.

Corrective care in our office positions your spine to stay strong, move well, and support you for decades to come. And because your spinal cord is housed inside your spine, a healthy, aligned spine does not just last longer. It protects the nervous system that runs every organ in your body, for your optimized overall and long-term health!

You cannot stop gravity. But you can control what it does to you.

Optimal Spine = Optimal Health = Optimal Life

PROTECTING YOUR INVESTMENT

Your Correction Is Just the Beginning!

Congratulations on completing your spinal corrective care plan! The structural improvements we made together took commitment and consistency, and we want to ensure you keep what you invested in and earned. Lifetime Wellness Care protects that investment.

Your spine lives under constant gravitational stress. You sit at a desk. You look at your phone (a lot). You sleep in positions that are not ideal. You play sports. Over time, without periodic check-ins, the corrections we achieved can begin to drift. Wellness visits catch small shifts early, protect the structure you worked hard for, and keep your nervous system and every organ it controls functioning at their best!

The Journey We Take with Every Patient



LIFETIME WELLNESS

Your Complimentary Annual Benefits NEW FOR FALL 2026

Beginning this fall, we are adding these complimentary benefits for every Lifetime Wellness member at no additional cost:

BENEFIT	VALUE	WHAT YOU GET
Annual X-ray Evaluation	\$300	Comprehensive diagnostic spinal imaging with detailed analysis using AI software. X-rays evaluated for alignment, progression, and overall spinal health.
Protocol Re-Evaluation	\$200	Your entire care plan is reviewed and customized every time X-rays are taken, including your in-office exercises, spinal adjustments, corrective decompression, and home care.
Goal-Setting Consultation	\$100	Dedicated one-on-one time with the doctor to review your health goals, celebrate progress, and set new personalized objectives for your ongoing wellness.
Free Referral Coupon	\$399	Give someone you care about a complimentary New Patient 1st Visit: Consultation, Exam, Diagnostic X-rays, Digital Postural Analysis, and Report of Clinical Findings.

Your Total Complimentary Annual Benefits Value: \$999+

✦ LIFETIME WELLNESS MEMBER EXCLUSIVES ✦



Deep Tissue Laser Therapy
15% off packages



Foot Orthotics
\$50 off custom shoe inserts



Additional Treatments
(if needed)
Discounted rate



Nutritional Evaluation
Available by request



Your Free Referral Coupon Is Waiting

Every Lifetime Wellness member gets one each year: a complimentary 1st visit for someone you care about (\$399 value). Connect with our Front Office Coordinator to claim yours.

INSIDE THE REHAB ROOM

What Each Part of Your Protocol Is Doing for Your Correction

Corrective Decompression Traction

CSS's precision equipment, the UTS and Denneroll table, gently reshape your spinal curves using sustained forces. This is one of the evidence-based therapies within our specialized chiropractic technique.

Mirror-Image Exercises

If your head sits forward, we retrain it backward. If your spine curves left, we strengthen the right side. Improvements are backed by dozens of published studies.

Chiropractic BioPhysics (CBP) vs. Physical Therapy

Traditional PT treats symptoms in isolation. CBP treats the structural cause of your symptoms, moving your spine toward ideal alignment, creating long-term improvements in how you feel and function.

EVER WONDERED WHY WE SAY IT?

“The Power is On!”

Patients often ask why Dr. Asli and our team say, “The Power is On!” at the end of every adjustment. Here is what we mean:

The power is always on in your body. Your nervous system is your body’s electrical cabling, carrying current from your brain to every cell, tissue, and organ. But when there is stress on your spinal cord, that pressure decreases the current, like a light’s dimmer switch turned down. The lights are still on; they are just not at full brightness.

Every adjustment removes that stress and reconnects your brain with the rest of your body, restoring the signal to full strength. Full current, full function, full power back to every organ. So the next time you hear “The Power is On!” you will know exactly what we mean. 😊



DR. ASLI TURNING THE POWER ON IN ONE OF OUR PEDIATRIC PATIENTS 💡



HOME CARE PRO TIPS

From Jonathan, Our Senior Rehab Manager

1. Consistency beats intensity: 15 minutes of home exercises every day outperforms an hour once a week. 2. Use your home care equipment exactly as prescribed; that daily time is what holds your in-office corrections in place between visits. 3. Set a posture alarm: every 30 minutes, stand up, relax your shoulders, and take three deep breaths.



PATIENTS SPEAK OUT

Review of the Month



“It has been less than a month and my discomfort has gone from 7s and 8s to 3s and 2s. I truly did not think relief like this was possible in such a short amount of time. Complete Spine Solutions provides excellent patient education and a customized treatment routine you can do at home. The staff and doctors are patient and willing to answer questions. Judgment does not exist. You will find empowerment.”

— T. Wilson



Has CSS made a difference for you? Leave a Google review to help others find us. Not sure what to say? Share what brought you to CSS in Tucker and how you feel now.

COMMUNITY SERVICE · FREE WORKPLACE WORKSHOP

Lunch & Learn: On Us!*

We bring a free 15-minute health workshop (and lunch) to your workplace, church, or organization for up to 20 people. Not a sales pitch, just true health education everyone needs to hear. **Call 770-938-4606 or speak to our Front Office Coordinator to learn more.** *Some restrictions apply.

SHARE THIS WITH SOMEONE YOU LOVE

Spine Wellness Checklist

POSTURE & FUNCTION

- ✓ Computer and phone screens at eye level, not chin-down
- ✓ Stand and move every 30 minutes
- ✓ Stretch hip flexors and thoracic spine daily
- ✓ Stay hydrated to support disc health

SIGNS YOUR BODY IS ASKING FOR HELP

- ✓ Stiffness first thing in the morning
- ✓ One shoulder or hip noticeably higher
- ✓ Fatigue or brain fog that will not clear
- ✓ Reduced range of motion when turning your head

WHEN TO CALL US

- ✓ Symptoms lasting more than 2 weeks
- ✓ You were prescribed drugs to cover up your symptoms
- ✓ You were told surgery is your only option
- ✓ You want a second opinion on how to regain your health

🎁 GIVE THE GIFT OF OPTIMAL HEALTH

GIVE A FRIEND 50% OFF



Know someone you care about who is stuck in pain or has been told surgery is their only option? **Scan the code** to send them 50% off their initial consultation, exam, and X-rays.

Good spines start with good neighbors. 😊

Complete Spine Solutions is a licensed chiropractic practice specializing in Chiropractic BioPhysics (CBP) structural spinal correction. All material is for informational and educational purposes.