Apex Wellness Studio Offers Integrated Health Care

For Richard Shand, an injury during a martial arts competition when he was in college sparked his interest in chiropractic care and fueled his passion for helping others find health and well-being.

He said after his injury, "The medical route didn't help, so I went to a chiropractor for the first time and was amazed at the results I got."

That initial introduction led him to Palmer College of Chiropractic. Following graduation, the Prescott, Arizona-raised chiropractor, returned home to open Apex Wellness Studio in Chandler in 2002.

To complement the excellent chiropractic and physiotherapy care, Apex Wellness soon introduced additional services.

"In the past few years I have expanded from chiropractic with post-graduate education in functional medicine and clinical nutrition," Dr. Shand said.

He hired another chiropractor — Dr. Kent Clark, DC — who Dr. Shand calls "an amazing adjuster, who is good with the patients"—to do the chiropractic treatments.

"Now, I focus on the functional medicine, so I am treating chronic conditions, like type 2 diabetes, thyroid issues, fibromyalgia and more," Dr. Shand explained.

Your Apex Wellness team: Dr. Clark, Jordan, Claudia, Fawn, Dr. Shand, Estee, Taryn, Karla, and Dr. Sutton

Apex Wellness has seen tremendous growth as a result.

"As we were growing, the Subway next door went out of business, and we took over that suite as well allowing us to expand more. We now have 12 employees and are still expanding to be able to help more people," he said. "Most of our business is through word of mouth, and I attribute the growth to our patient-centered model of care, along with the fact that we are just very good at what we do."

New DIABETES Study

Encouraging Study on Type II Diabetes Shows the disease CAN BE REVERSED in as little as 1 WEEK.

A free guide has just been made available to type II diabetics detailing an approach more powerful than any drug known to modern science. The free diabetic guide explains in plain English how many diabetics have been able to reduce and eliminate their drugs and insulin injections, lose weight without exercise, reduce and eliminate the risk for diabetic complications, restore pancreatic function, and even become non-diabetic. The free guide also reveals rarely used diagnostic testing that is helping doctors understand potential causes of diabetes beyond weight gain, genetics, and lack of exercise. To receive your free guide (available only while supplies last) call toll free 1-800-825-2242 or go to www.ChandlerDiabetesReport.com.

Dr. Richard Shand, D.C.

Should I See A Chiropractor?

Get Pain Relief NOW!

Low Back, Hip & Leg Pain
Headaches • Neck, Shoulder & Arm Pain • Numbness in Hands & Arms
Pain Between Shoulders

Auto & Personal Injuries
Work • Sports
Family Wellness

$27 NEW PATIENT SPECIAL

Includes chiropractic consultation, exam, necesary x-rays & FREE 30 Minute Massage (up to $200 Value).

Apex Wellness Studio
(480) 895-3775

Not valid with other offers or prior services. Exp. 7/31/13.

Apex Wellness Studio
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