

A new source for total, proactive health



Dr. Drew Rapert, owner/CEO

Dr. Drew Rapert wants to help people live healthier, happier lives. That's why he opened **ProActive Health** in Chesterfield, a chiropractic practice that offers a wide range of health services, including nutrition coaching, fitness training and stress management techniques.

"I believe that everyone deserves to feel their best, and I'm committed to making that a reality for as many people as possible," Dr. Rapert explained. "At ProActive Health, my team and I take a holistic approach to health and wellness, focusing on the whole person rather than just their symptoms. We believe that by addressing underlying imbalances in the body, mind and spirit, we can help our clients achieve optimal health and wellbeing."

Every treatment plan is tailored to meet the individual patient's specific needs. Just because multiple people present with the same symptoms does not mean they arrived at that pain the same way. For one person, the underlying cause might be stress; for another, it could be the result of an injury; another could be missing key nutritional factors.

"We take the time to hear your story and everything that's going on in your life before we start implementing strategies. We don't give the same cookie-cutter treatment to every patient," Dr. Rapert said. "Pain and dysfunction are represented not only by physical tissue fatigue but rather by the biological, psychological and social aspects of ourselves."

"The nine pillars of optimal health are sleep, sunlight, exercise, stress reduction, relationships, nutrition, oral health, spiritual grounding and purpose/mission. Our doctors take the time to ensure that our patients are seen, heard and healed by addressing these nine critical components."

Call today to learn more.

ProActive
HEALTH

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