

Dear practice members and families,

I want to share this with you so that you can know me and better understand my passion for Chiropractic, your health and your family's health.

I was born to a modest family. My father was a Hungarian immigrant who came to America as a young boy. My mother, also of Hungarian decent, was raised in the Hungarian section of NYC. My parents met at a Hungarian church dance. They dated and quickly fell in love. World War II took my dad away from my mother for five years as he patriotically served his new country. My mother voluntarily served her country in the armed forces as a Wave. She was truly patriotic and a liberated woman!



In 1942 my parents were finally reunited, got married and started their family in a small, post World War II hamlet on Long Island (the suburbs of NYC). My parents were proud, patriotic, humble people having experienced immigration, the great depression and a world war. They had 4 children. My father worked in the defense industry which was based on government contracts. Many times he was laid off and had to work two sometimes three jobs to take care of us. Whenever any of us had a problem growing up he would always say "Don't worry honey, I love you. Everything is going to be okay." and it always was. My mother emphasized education. She was the valedictorian of her graduating class but circumstances didn't allow her to continue her education.

When we experienced lack of health, we didn't always run to the doctor maybe because of money issues or maybe it was just my parent's belief about health. This allowed me to learn to rely on my body's innate ability to heal itself. Little did I know what a gift this would be!

As time went on I graduated from high school and then went to college. After being in the business world for several years, I was in a car accident. My back was bothering me and my mother suggested that I go to the chiropractor. I had never heard of a chiropractor. There happened to be a chiropractor in the little hamlet that I lived in! I went to see him and when I walked in – POW!!! His excitement and energetic attitude hit me like nothing I had ever experienced before. I began care and after about two months, I had an amazing experience. I had a severe sinus and lower respiratory infection for several days. I never told my chiropractor about my problem because I thought he was only knowledgeable in musculoskeletal problems. That day he adjusted me as he had always done, however, by the time I got to my car, all of my symptoms were gone! I was stunned to say the least. I went back into his office and when I told him about my miracle he was not surprised. He almost expected it. I said to him, "I think you forgot to tell me something about Chiropractic!" He sat me down and spoke about the body's innate ability to heal itself and Chiropractic's role in that process. I understood those words because I saw my body heal naturally many times as a child. He then said "You could become a chiropractor." At that moment, I knew that chiropractic was going to be my life's work.

Once at school, I met my husband who was also studying to become a chiropractor. Our exciting journey of life began as we planned our wedding and dreamed the same dreams my parents had dreamt years before. Unfortunately two weeks before our wedding, my father unexpectedly passed away of natural causes. My mother encouraged us to get married anyway, a task that seemed impossible to me at the

time. But I remembered my father's words "Don't worry honey, I love you. Everything is going to be okay." So on September 22, 1991, we were married as planned. My mother danced every dance to show everyone that life goes on. She made our wedding. How could anyone not dance?

My husband, Dr. Glen Mark and I graduated from Life Chiropractic College, began practicing and wanted to start a family. The months, then years went by – six altogether. We never became parents. It was a very difficult experience for us. We were sad, I was inconsolable at times and my husband felt helpless. Through it all I remembered my father's words.

Finally a patient told us of a young woman who wanted to choose adoption for her child and wanted us to be her baby's parents. This was truly a miracle! We became first time parents on October 15, 1997, when our son, Gabriel was born. Holding him in my arms healed all of my wounds. We attempted adoption two more times after that, however both situations fell through. After 8 years we still wanted more children in our lives so we became foster parents to Nicholas, 5 and Stephanie, 3, siblings. We were told it was temporary and they would never be available for adoption. We agreed to take them and it was love at first sight. Nicholas, now 8 and Stephanie, now 6.5 miraculously became available for adoption and on June 30th 2008 we officially became a family.

Why have I told you all of this? I want you to know why family has such a special meaning to me and how deep rooted it is because I am a family Chiropractor. When a patient brings their child to me or their aging parent, I am humbled. When I say to all of you "Everything is going to be okay... I won't let you down", you can be sure I mean it from the bottom of my heart. When I say I am your family chiropractor, there is a deep level of commitment to it. When you refer your friends and family in, I am equally committed to them. My dream is to bring true health to you, our community and our world. I want everyone to experience the magic and miracles life and chiropractic has to offer. I am humbled to be your family chiropractor. It is an honor and a privilege.

Yours in Health,

Dr. Nancy Mark
Family Chiropractor