

# Dr. Jared J. Destro, Promoting Wellness Through Chiropractic Care

"Get knowledge of the spine, for this is the requisite for many diseases." – Hippocrates 460 to 357 B.C.

Hippocrates, the Greek physician, published texts detailing the importance of chiropractic care. A chiropractic adjustment refers to a chiropractor applying manipulation to the vertebrae that have abnormal movement patterns or fail to function normally. The objective of the chiropractic adjustment is to restore normal vertebrae function, with the goals of increasing range of motion, reducing nerve irritability and improving overall health. Adjustments allow the body to heal itself naturally, without surgery or medication.



DR. JARED DESTRO AND OFFICE MANAGER, CASIE WHORLEY

"Natural healthcare should be your first option with surgery as the last resort when dealing with pain or other problems," said Dr. Jared J. Destro, Chiropractor, who has been a doctor of chiropractic for three years.

Dr. Destro is new to the Chester area, opening his practice, located on Centre

Street, last month. He previously worked in a practice located in Midlothian. Always intending to have his own practice, an opportunity presented itself in Chester Village. The location proved to be a perfect fit to open Destro Chiropractic.

Dr. Destro works with each patient on an individual level to create a treatment plan that is best suited for their needs; treating individuals with neuromusculoskeletal complaints, such as: headaches, joint pain, neck pain, low back pain and sciatica. His focus is on leading patients on a path to wellness and keeping them well long-term.

"The healing process is very individual based, not a cookie-cutter approach," Destro said. "Our goal is to



DR. DESTRO PERFORMS AN ADJUSTMENT

allow our patients to live a healthy and active lifestyle."

Chiropractic care may not be for everyone. During the first visit, Dr. Destro will consult with the patient to discuss previous health history, current complaints, and overall health goals. Then, an examination is given to make sure chiropractic care is a good treatment option for them. If Dr. Destro feels it is not, he will discuss other treatment options.

If it is determined that chiropractic care would benefit the patient, an adjustment would be given on the initial visit with recommendations for further treatment.

Dr. Destro is a firm believer that chiropractic care is good for the whole family. He has treated patients from newborn to those in their 90s. "We love to treat families. Kids 12 and under are treated free when an adult family member is being treated," he said. Destro Chiropractic is accepting new patients and is currently in network with Anthem, Aetna, Cigna and Medicare insurance plans.

To make an appointment and see if your pain can be relieved by chiropractor care, call Destro Chiropractic at (804) 748-4800, or by email at [destrochiropractic@gmail.com](mailto:destrochiropractic@gmail.com). For more information visit [www.destrochiropractic.com](http://www.destrochiropractic.com). Office hours are Monday, Wednesday and Thursday, 8 a.m. - 6 p.m. Closed for lunch 12 p.m. - 2 p.m. and on Tuesday, 2 p.m. - 6 p.m.



## Destro Chiropractic

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## A Dream Come True for Wally's Sweet Spot

Wally's Sweet Spot located in the Chester Village has been a dream of

Reid Richardson for almost 10 years. He used to own a Mail Boxes Etc franchise, and when UPS bought the company, it became The UPS Store. The pack and ship business is very competitive, and it was a daily struggle, according to Richardson.

"I wanted a business that made my customers happy and ice cream was a perfect fit," Richardson said. "I live quite a distance from Chester and only found out about the former Country Style Ice Cream location in Chester Village from a high school friend. I loved it from my first visit."

The previous owner was very gracious with his offer and the rest they say is history. Richardson knew he had big shoes to fill.

"Country Style Ice Cream was a Chester establishment and I knew I wanted to be as good or better with

my ice cream and service," Richardson said.

Wally's Sweet Spot is named after Richardson's dad. A career Army man, he was truly Superman to Richardson. Growing up in Detroit during the Great Depression, he was the oldest and the family bread winner at 13. Through it all he found time to go to Tiger stadium and learned all about baseball from the Tiger players.

"He's my hero," Richardson said. "This is a tribute to him."

Thanks to his father being in the military, Richardson says he was truly blessed with growing up all over the world. With all of the travels, one thing always stuck in the back of his mind was ice cream.

"Ice cream was a bridge to fill any gap in culture or language," Richardson said. "It's loved world-wide so what could be a better business?"

Richardson says he wants to serve the best ice cream and give the best possible service he can. Wally's Sweet Spot will celebrate their one-year anniversary on Sept. 22 and invites the community to join them at 4220 Celebration Ave, Chester.

**Soft Serve Ice Cream**

**Wally's Sweet Spot**

**Visit us during ChesterFest**  
4220 Celebration Ave, Chester (Behind Walgreens in Chester Village)

**804-454-0723**  [find us on Facebook](#)

**Where "Spot" eats free**  
**Bring your pup for a free ice cream!**