

PBA SPOTLIGHT

Pinecrest Chiropractic aims to keep patients healthy without drugs



Victor Estevez, owner of Pinecrest Chiropractic, with his family and staff.

BY LINDA RODRIGUEZ BERNFELD

Victor Estevez, owner of Pinecrest Chiropractic, believes having proper spinal alignment can cure many ills. He uses many different methods to keep his clients' spines in balance so the nerve pathways to the brain are clear, making the client healthier.

"It's really corrective care that is the focus at my office," Estevez says. "I want you to be truly healthy."

While most people only think of going to a chiropractor if they are having back problems, Estevez says back pain represents only a small percent of the reasons that people visit him. He takes a holistic approach to helping people.

"I take care of a lot of people with allergies, migraines, stomach disorders," he says. "Our bodies are unique. God made us perfect. All I'm doing is serving to keep that body working at 100 percent. The body does all the work."

Estevez says when we take medications or injections, all we're doing is masking problems, but by keeping the body in tune with itself, the body will heal itself.

He says he has one client who has sickle cell anemia. She used to take various medications and transfusions on a regular basis.

"Now it's been over a year and a half that she's taken any medication at all and she's had no transfusions," he says. "All she does is exercise, eat well and take vitamins."

Estevez says he likes to see people get off of medications and truly enjoy life.

"My youngest patient is a few months old and my oldest is a 94-year-old whose

whole backyard is a tomato field."

Just because someone is getting older, Estevez says, is no reason to have aches and pains.

"It's because no one's given them the option," he says.

Chiropractic isn't just for adults. Estevez says he is able to help children with hyperactivity or autism.

"At first it's hard to keep them still, but now you wouldn't know (they have it)," he says. "One mother broke down in tears because her son wouldn't express what he did in school and one day he came home and told her what he had been doing in school."

Some chiropractors won't take elderly patients for fear of hurting them, but Estevez says he can take everyone as a client.

"For me to say I cannot help is very limiting," he says. "If your nervous system is clear the way God intended it, you are going to have a better life."

The Pinecrest Chiropractic office is an extension of Estevez's beliefs. He loves to have clients come in and feel at home. He wants people to feel comfortable.

"My kids have grown up there," he says. "It's a big romp room."

Estevez is the secretary for the Pinecrest Business Association. He joined the group because he likes the way the PBA works.

"Yes, it's a networking group, but it's also a 'let's do for the community' group," he says. "They get out there and they raise money for school, and they give away scholarships."

Pinecrest Chiropractic is located at 12177 S. Dixie Hwy. For more information, call 305-234-4725.