



## Chiropractic Care

Dr. Bob Kuchel spoke at the Treynor Optimist Club Saturday, November 23 about chiropractic care. He recently opened a clinic at 18 West Main Street in Treynor called The Chiropractic Palms.

Dr. Kuchel grew up in Sioux City and went to the University of South Dakota to earn a business degree. While there he had a football injury and the doctor wanted to do surgery. He went to a chiropractor three times a week for three months and has had no further problems from the injury.

Dr. Kuchel completed his business degree, then went to Palmer College of Chiropractic for 3½ years to become a chiropractor, graduating in 1992. He has set up practices in Pleasantville, and Neola, Iowa, and in Saint Simons Island, Georgia.

Dr. Kuchel told the story of how he opened a clinic in St. Simons Island. He was there on vacation talking to someone about chiropractic. Zach Johnson, a professional golfer overheard him, taped him on the shoulder, and asked for an adjustment. A month later Zach called and asked if he could fly Dr. Kuchel back to Georgia for another adjustment. Zach had other friends who wanted an adjustment also. That led to Dr. Kuchel opening a clinic there and staying for three years.

Dr. Kuchel said that "most healthcare is mental." If you don't think you will be healed, you probably won't be. Therefore, his office in Treynor has a waterfall, palm trees, a tiki hut, and soothing music, all within 500 square feet of office space.

Dr. Kuchel also discussed the types of services he offers, including a massage table, kinesio taping, electric muscle stimulation, ice therapy, sinus microcurrent acupuncture, and sports injury therapy. He can be reached at 712-487-3398.