

Our Towns WEDDINGTON



COURTESY OF LISA MERRITT

The Merritt children: Jordan and Gabriel (top row), Lauren, Kierstin, Alexandra (bottom row) and baby Jackson in front.

It's all about balance for Dr. Lisa Merritt

Her philosophy mixes East and West and combines it with joy

Dr. Lisa Merritt has had her chiropractic practice in Weddington for 10 years. She has enjoyed great success, and I think I know the secret.

She lives on 4 acres in Marvin with her family and wants to be a role model for what 50 years old should feel like! Merritt thinks your outlook is everything, and she believes in a mixture of the East meets West philosophy of medicine. She loves to garden and cook and declares, "I want to be a cute little old lady still dancing, not a burden to my family" but when the time comes, "I want to die young at an old age."

OUR TOWNS



Sari Monaco

Similar to Mike and Carol Brady in the 1970s, Dr. Merritt and her husband, William Merritt, a territorial sales manager for Virginia Air of the Carolinas, have a combined family of six children. The offspring are all blessed with beautiful skin, bright eyes and beaming smiles, because as Lisa Merritt puts it, "Not only diet and exercise but your attitude really affects your health and appearance."

Jessi Ketcham, the massage therapist at her practice, says, "I think that's what sets her apart from other doctors. She really considers mind, body and spirit."

Merritt was introduced to vitamins and nutrition at an early age and all her life has been practicing moderation. This enables her to enjoy a margarita occasionally and eat dessert without worry.

"My mother was a great pie baker. She put so much love in it that you could feel it when you ate it." She adds, "The Chinese say never eat from an angry cook." Born to her artist mom and chiropractor father, Merritt was raised with six siblings herself. Her father's way of life was to be proactive with any condition.

Husband William is stepdad to the five older children and new father to Jackson, 18 months. Knowing the joy of conceiving later in life as well as conceiving as a young woman, (her eldest is 26!) Merritt takes great joy in helping others to conceive through her certification in acupuncture.

She listens to what her patients want in a changed lifestyle and recommends "baby steps" to change poor health habits. She has such a passion for medicine; she has to force herself to read a light novel when she goes on vacation.

Charity adds to the balance in her life and Loaves & Fishes, a nonprofit emergency food program that is near to her heart,



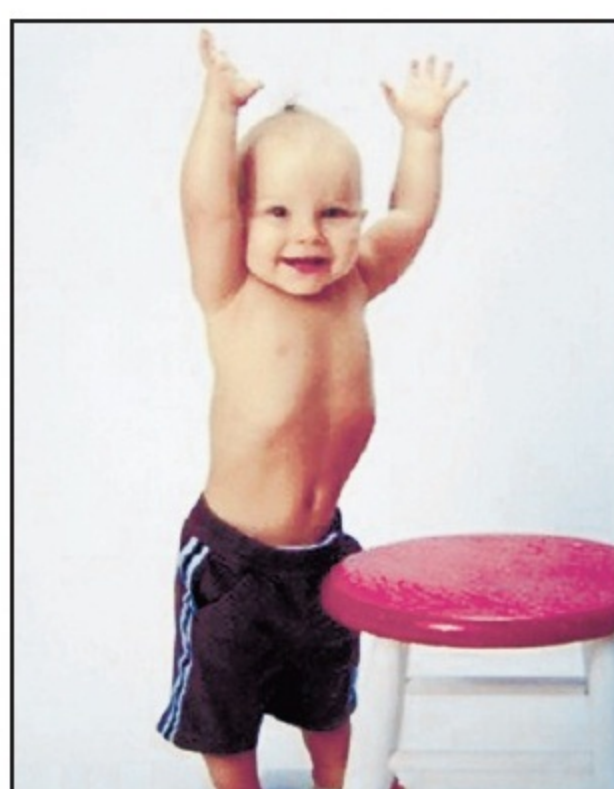
COURTESY OF LISA MERRITT

Lisa and William Merritt.



SARI MONACO - SPECIAL TO THE OBSERVER

Lauren Kerley, Dr. Lisa Merritt's second oldest child, and also office manager with mom.



COURTESY OF LISA MERRITT

Jackson Merritt, the youngest child.

provides a week's worth of groceries to people in crisis in Mecklenburg County. The Web site www.loavesandfishes.org/

She advises others to have a lot of fun! And she practices what she preaches. When the

Drop Me a Line

If you have something to share about Weddington, I'd love to hear from you. Sari Monaco

E-mail: smonaco@charlotteobserver.com

I welcome photos (make sure everyone is clearly identified left to right). Drop them in the mail or e-mail them as a JPEG file. Be sure to include a daytime phone number.

annual office holiday party took place at her house two weeks ago, she made lasagna and baked Alaska from scratch, and I think it's no secret she labored over it with loads of love. She can be reached at 704-847-7200 or visit www.weddingtonwellness.com