

Enjoy better health.

More and more people are beginning chiropractic care because they want a natural approach to health, avoiding addictive drugs or irreversible surgery.

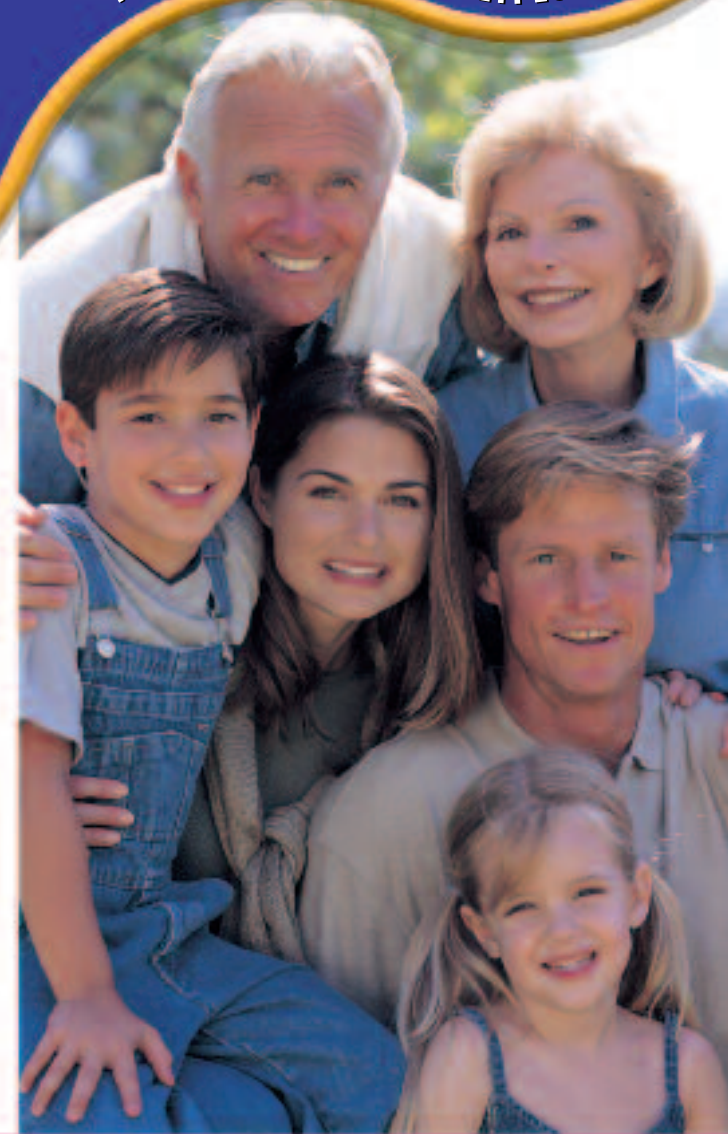
After setting an appointment and arriving for your first visit, you'll enjoy the friendly staff and vibrant atmosphere. After completing some simple paperwork to help the doctor understand the history of your health, you'll meet the doctor.

THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

Welcome

TO THE CHIROPRACTIC LIFESTYLE



By following their doctor's advice, millions of chiropractic patients have enjoyed relief and better health.

REFERENCES:

- Gattermann, M., D.C., *Foundation of Chiropractic Subluxation*, p. 69-84; Mosby, 1995.
- Leach, R., D.C., *The Chiropractic Theories; Principles and Clinical Applications*, 3rd edition, 373-386, Williams and Wilkins, 1994.
- Plaugher, G., D.C., Anrig-Howe, C., D.C., *Textbook of Clinical Chiropractic; A Specific Biomechanical Approach*, Williams and Wilkins, 1993.
- Schafer, R., D.C., Faye, L., D.C., *Motion Palpation and Chiropractic Technique*, 2nd edition, Motion Palpation Institute, 1990.



Care programs are designed for your unique health problem.



A thorough chiropractic examination will be performed.



Most chiropractic offices invite prospective patients to tour the office and meet the doctor, without cost or obligation.



Everything is explained in advance so you can ask questions, understand what the doctor has found, and what can be done to help you.



There are many ways to adjust the spine, however, the goal remains the same—relief and better health.

Your doctor will review your health history and determine if your problem is likely to be helped with chiropractic care. If it is, a thorough examination usually follows. Your reflexes may be tested, your ability to turn and bend, and other standard orthopedic, neurological, and chiropractic tests will be conducted. If necessary, X-ray views of your spine may be taken.

Your doctor will study the results of these examinations and explain what they mean. Then, the doctor will recommend a care program designed for your unique health problem.

With a complete understanding of your condition, you're ready for your chiropractic adjustment. Adjustments help restore proper spinal and nervous system function, promoting the healing process. Continued visits help retrain the supporting muscles and ligaments of your spine. Periodic examinations will monitor your progress.