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# Your First Visit

# Your First Visit



*To take the path of healing is to directly participate in life.*

— Stephen Levine

### • Welcome

You are joining many of your neighbors who have chosen the natural, drugless, chiropractic approach to good health. Chiropractic is the healthcare choice of the 21st century; it is an exciting new world of healing and health optimization.

People see their doctor of chiropractic for many different reasons. To some, chiropractic is a system of healing musculoskeletal problems: back, neck, disc, arm, shoulder, leg, hip, joint, nerve and muscle pain or discomfort.<sup>1-3</sup>

Others use chiropractic as a natural system of healing from many different diseases or conditions including headaches; fatigue; high blood pressure; skin conditions; PMS; menstrual cramps; arthritis; asthma; sinus trouble; digestive problems; nervous stress; fevers; emotional disorders; bed-wetting; colic; and ear, eye, nose and throat problems without drugs and surgery.<sup>4-7</sup>

Others use chiropractic as a method of keeping their health at its peak: for better sports performance, higher resistance to disease, clearer thinking, a more comfortable pregnancy and more energy.<sup>8-9</sup>

For whatever reason you are here, we say “Welcome.”

### • What Can Chiropractic Do For Me?

Our goal in this office is to turn your health around by relieving you of a serious form of structural system and nerve damage called the subluxation. Subluxations affect your nerves, muscles, ligaments, discs, joints, bones and internal organs, including your brain. The effects can be immediate or they may take time—it depends on many factors—age, diet, lifestyle and regularity of care.



*Chiropractic  
brings out  
the best in me!*



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Chiropractic care has proven to be a safe, natural, drugless way to good health for millions of people around the world.



### • What If My Structural System Is Unhealthy?

A body with subluxations may be characterized by bad posture, tight and tense muscles, “pinched” nerves, bone and disc degeneration (arthritis), lowered resistance to disease, fatigue and overall body malfunction. This state is also called dis-ease, meaning “general lowered health.” When a person has dis-ease, they can fall prey to all kinds of diseases and health conditions.

To make things more complicated, subluxations may be painless; you may have many in your body for years before you begin to feel their destructive effects.

### • A Unique Approach

What makes chiropractic unique is its vitalist approach to health. By that we mean that we don't want you to wait for a “condition” or problem to arise before you address your health. We want you to correct subtle body malfunction (dis-ease) caused by subluxations now, while you still feel relatively good and have the energy to self-heal. If you wait until your body has massive subluxation degeneration (structural degeneration) it may be too late for complete recovery.

### • What Can I Expect?

Chiropractic care is divided into two parts—analysis and adjustment.



An initial visit often includes an explanation of how chiropractic works.

First we will analyze your body using various tools—our hands, X-ray, heat-reading devices, muscle testing and/or other tools to determine where there is a subluxation. When we have located the precise area of your subluxation, we will then do a procedure to correct or eliminate the subluxation. This is the second part of your care and it is called a chiropractic adjustment. It is a gentle realignment and rebalancing of your structural system and a release of deep stress.

Chiropractors spend many years and thousands of hours learning and perfecting various adjusting procedures and we'd be happy to answer your questions about how we do what we do.

### • Three Phases Of Chiropractic Care

As you begin chiropractic care you will start at the first of the following three phases:

#### 1) Initial Intensive Care Phase

In this phase your body is out of balance and not holding its adjustment. Please cooperate by

keeping your appointments and modifying your lifestyle in ways that will help get you out of the intensive care phase quickly.

#### 2) Corrective or Healing Phase

Your structure is beginning to stabilize and hold its adjustments for longer periods. In this phase our objective is to monitor your progression and make needed adjustments. Many of your symptoms and complaints may have disappeared or decreased in this phase. It is critical however that you continue your visits even if you are feeling better.

#### 3) Health Optimization/Wellness Phase

In this phase you are now holding your adjustment and your structural system has become reasonably stable. You are handling stress well. Regular care not only keeps you subluxation-free, but studies reveal that the more you visit your chiropractor, the greater your physical and emotional health and the less stress and more enjoyment you get out of life.<sup>10-16</sup>

### • In Conclusion

Chiropractic care has proven to be a safe, natural, drugless way to good health for millions of people around the world. Please remember that your doctor of chiropractic's purpose is the removal of subluxations—to awaken your body's inner healer.

Please pass on this chiropractic message to friends so they may come in for a checkup. It could make the difference between a life of health, energy and balance or a life of sickness and disease.



Our goal is to relieve you of a serious form of spine, structural system and nerve damage.