

Based on our evaluation you are in the
Health Optimization/Wellness Phase

Your spine is flexible and moves in a **fluid motion**. Your vertebrae move easily, your muscles are **balanced** and your discs, tendons and ligaments are **strong**. You visit your chiropractor for **periodic checkups**. Although subluxations may occasionally occur, they are easily released.

Why are you in this phase?

- You are releasing and healing your spinal damage and stress.
- You are holding your adjustments longer (staying subluxation-free for longer and longer periods).
- Free from subluxation damage, your spinal column and nervous system are greater conduits to **life's energies and wisdom**.
- Your body is **recovering its balance**. Your breathing is deeper, your relaxation and sleep are improving and are more satisfying. You are more sensitive to your movement, diet and relationships to others and the world.
- Your **spinal degeneration has halted** and/or is reversing; lost height may return.
- You notice you have **more energy** and **higher resistance to disease**. You suffer from less colds and your immune system is stronger.
- You are **better adapting** to life's physical, emotional and chemical stresses, growing and gaining wisdom from your experiences.
- Your **nervous system is healthier**. You are **increasingly connected** and sensitive to your source of health. Life is full of wonder, excitement and inspiration.

Periodic lifetime chiropractic care is the ideal for everyone to live a happier and healthier life.

Your schedule for Health Optimization/Wellness Care (subluxation correction) is:

Re-evaluation after _____ days/weeks/months on _____
(circle one) (date)