Congratulations, you have made the wellness choice!

Chiropractic — a philosophy, art and science of natural healing —

- Is the most popular, fastest growing healthcare system in the world.
- Promotes a healthy, drug-free lifestyle.
- Offers you a real alternative to drugs and surgery.
- Optimizes your natural healing ability.

Who goes to the chiropractor?

Millions of people:

- Children, pregnant women, infants, blue collar workers, athletes, office workers, students, families, the elderly. You.
- People who have health problems and want to enhance their natural healing ability.
- People who want higher resistance to disease, improved sports performance, more energy, emotional well-being, greater relaxation and better quality of life.

Glossary

- Adjustments: The thrusting of your vertebrae.
- Osteoporosis: A condition where your bones become province.
- Joint dysfunction: An uncommon disease.
- Spinal column: The spinal column, the vertebrae, and intervertebral discs that make up the spinal column.
- Pelvis: The pelvis, the box-shape bone that rests both the spine and the lower body.
- Subluxation: A condition in your body that interferes with your body's natural health.
- Wellness: Making your chiropractic care count for every penny of your care.

What chiropractors do:

- Analyze your body for subluxations (interferences/blockages) — distortions that affect body function (especially your brain, spinal cord and internal organs) and overall health.
- Give you a correction.

What subluxations do:

- Cause die-ease and pain and accelerate aging.
- Affect internal organs, glands, muscles, joints and discs.
- Stress your brain and nervous system, cause pain and aggravate your own pain by causing.
- Distort your body's function as they progress.
- Decrease height, drain energy and lower resistance to disease.

What chiropractic adjustments do:

- Correct and reduce subluxations.
- Improve your inner balance.
- Relieve energy, resistance to disease and physical and emotional well-being.

Your personal assessment:

- Where are you now?
  - Your subluxations
  - Your pain and discomfort
  - Your phase of degeneration

Additional goals for yourself:

- Wellness goals for your family
- Suggestions for care