

chiropractic

Bringing Out The Best In You!

Based on our evaluation you are in the:

Health Optimization/Wellness Phase

Patient _____ Date _____

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 fewer 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 _____ (date)