



How to Get the Most Out of Your Care

Patient _____ Date _____

Chiropractic is the largest drug-free healthcare system in the world; spinal care is thousands of years old. But it may be new to you!

Chiropractic care is different from medical and other types of healthcare so it's normal to have lots of questions. Therefore the most important thing is communication.

- **Meet with us to discuss our findings.** Where are your subluxations? How are we adjusting you? What phase of subluxation degeneration (if any) are you in? How did you get subluxated? What level of care are you in? What is your prognosis? **Ask us if you have any questions.**
- **Learn about chiropractic care.** What is chiropractic? How does it work? One of the main reasons why people don't benefit as much as they could is because they don't understand why they need care and exactly what we're doing. So please **read the educational materials** that we give you and take and read others that interest you. But the most important thing is to:
- **Ask us questions.** We're experts in this field. We've spent thousands of hours studying how to help you. We're committed to you, **we're a team with you** and team members must communicate. We're always here for you. Call us, email us or just ask when is a good time to talk. We'll go out of our way to work with you on your needs and concerns.
- **Finances.** Talk to us. We became chiropractors to help people. After a doctor has been in practice a little while we've heard it all, so please don't hesitate to talk to us or our office staff about financial matters.
- One of the main reasons people quit care is lack of **family support**. How to fix this? Talk to them. Give them some of our literature and other materials that might help them understand chiropractic care.
- **Refer others.** Believe it or not, when your friends and relatives discover how great chiropractic is, it reinforces your care. We see it all the time.
- **Don't abuse your body.** Read food labels and don't eat things you can't pronounce. Avoid: artificial sweeteners, refined foods, unhealthy oils (soy, canola, corn and other vegetable oils), soda/pop, high fructose corn syrup (it may have mercury residue) and other "Frankenstein" foods. Drink plenty of water; olive oil, coconut oil, butter and other traditional fats and oils are fine. Do get enough sleep, exercise (carefully), take time for yourself, relax, laugh, love and above all:
- **Talk to us!** Good health requires clear communication!

Reviewed by _____
(Staff signature)

Notes _____

