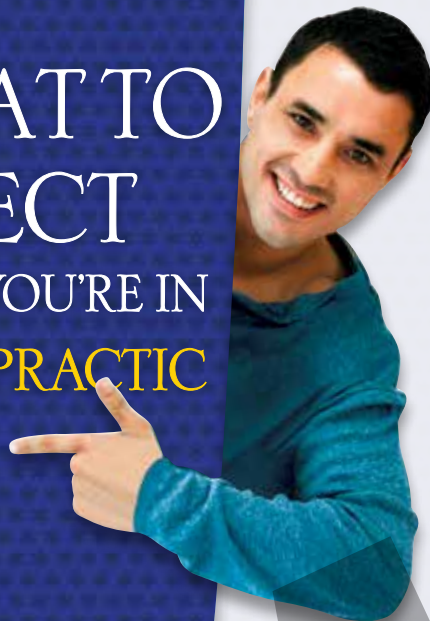


REFERENCES

1. Maltby JK, Harrison DD, Harrison D et al. Frequency & duration of chiropractic care for headaches, neck and upper back pain. *JVSR*. August 21, 2008;1-12.
2. Rochester RP. Neck pain and disability outcomes following chiropractic upper cervical care: a retrospective case series. *J Can Chiropr Assoc*. 2009;53(3):173-185.
3. Ressel O, Rudy R. Biovertebral subluxation correlated with somatic, visceral and immune complaints: an analysis of 650 children under chiropractic care. *JVSR*. October 18, 2004;1-23.
4. Schneider M, Vernon H, Ko G et al. Chiropractic management of fibromyalgia syndrome: a systematic review of the literature. *JMPT*. 2009;32(1):25-40.
5. Brown CD. Improved hearing and resolution of otitis media with effusion following chiropractic care to reduce vertebral subluxation. *J of Pediatric, Maternal & Family Health – Chiropractic*. 2009;1:1-7.
6. Castellucci RR. Resolution of colic in an eight-week-old infant undergoing chiropractic care: a case study. *J of Pediatric, Maternal & Family Health – Chiropractic*. 2012;4:109-112.
7. Todres-Masarsky M, Masarsky CS, Anrig CA et al. Somatovisceral involvement in the pediatric patient. In: Masarsky CS, Todres-Masarsky M. *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*. NY: Churchill Livingstone, 2001.
8. Sims L, Lee J. Resolution of infertility in a female undergoing subluxation based chiropractic care: case report & review of literature. *JVSR*. August 6, 2008:1-6.
9. Lantz CA. The vertebral subluxation complex. *International Review of Chiropractic*. September/October 1989.
10. Mathews MO. Pilot study on the value of applied kinesiology in helping children with learning disabilities. *Journal of the New Zealand Register of Osteopaths*. 1993;6:21-23.
11. Ferreri CA, Wainwright RB. *Breakthrough for dyslexia and learning disabilities*. Author: Exposition Press of Florida, Inc. 1986.
12. Stone-McCoy PA, Przybysz L. Chiropractic management of a child with attention deficit hyperactivity disorder & vertebral subluxation: a case study. *J of Pediatric, Maternal & Family Health – Chiropractic*. March 1, 2009;1-8.
13. Alcantara J, Ohm J, Kunz D. Treatment-related aggravations, complications and improvements attributed to chiropractic spinal manipulative therapy of pediatric patients: a practice-based survey of practitioners. *Pediatric CAM Research Day, University of Alberta, Canada*. December 11, 2007.

WHAT TO EXPECT WHEN YOU'RE IN CHIROPRACTIC CARE



Improve
maintain
your health



Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so. Doris Lessing

WELCOME

You are joining many of your neighbors who have made the 21st century healthcare choice—the natural, drugless approach to healing and optimal health: chiropractic.

WHAT CAN I EXPECT CHIROPRACTIC TO DO FOR ME?

Expect to see people with many different health goals and challenges in the waiting room of a typical doctor of chiropractic. Some of them might surprise you.

Of course you'll find many people with "musculoskeletal" problems—back, neck, disc, arm, shoulder, leg, hip, joint, nerve and muscle pain or pain, discomfort or poor function.¹⁻²

However, you'll also find people seeking chiropractic care for headaches; fatigue; high blood pressure; ear infection; skin conditions; PMS; menstrual cramps; colic; arthritis; asthma; sinus trouble; digestive problems; scoliosis; fibromyalgia; nervous stress; emotional disorders; fevers; bed-wetting; colic; and ear, eye, nose and throat problems.³⁻⁶

That's just a partial list—people with nearly every known condition or disease have sought the services of chiropractors.

But it's not just about disease; chiropractic helps keep you functioning at your peak so you'll also see people who seek chiropractic care for better sports performance, higher resistance to disease, clearer thinking, better concentration, a more comfortable pregnancy, more energy as well as for overall health maintenance!⁷⁻⁸

For whatever reason you are here, we say: "Welcome."

WHAT EXACTLY DO DOCTORS OF CHIROPRACTIC DO?

Chiropractors are the only healthcare providers who locate and release a serious form of stress in the body: the subluxation.

Subluxations interfere with your natural healing ability and normal body function resulting in dis-ease, a body functioning at less than its potential. Dis-ease can cause lowered resistance, pain, imbalance, weakness and fatigue and can pave the way for ill health in almost any part of the body.⁹

WHAT IS A CHIROPRACTIC ADJUSTMENT?

Doctors of chiropractic spend years studying and training in order to master the techniques needed to locate and correct subluxations. When you first visit your chiropractor you can expect to receive a chiropractic analysis to determine where and how many subluxations are in your body.

Once the locations of your subluxations are determined you will receive a series of chiropractic adjustments to correct or release your subluxations. Expect this

procedure to be unique for you. No two patients are the same and no two adjustments are exactly the same.



WHAT CAN I EXPECT AFTER AN ADJUSTMENT?

At the moment you receive an adjustment to correct your subluxations your nerves are better able to send life's messages from your brain to areas throughout your body; old trapped energies are mobilized and healing may begin on many levels.

You may feel more awake as your brain has more blood flow, and your vision may be sharper. That's why children under chiropractic care have increased attention span, improved concentration and perform better in school.¹⁰⁻¹²

The most common "post-adjustment" tendencies or reactions are:

1. You may feel relaxed, more peaceful, more balanced and aware that the old tension or stress you'd been carrying for many years is beginning to dissolve.
2. You may feel an immediate change in any symptoms you've had—pain may disappear; you may be able to move, bend and turn

more easily; you may be able to see better; your hearing may seem more acute; your posture may feel more balanced and you may feel more alive.

3. Chiropractors have seen high blood pressure lower, low blood pressure rise, hyperactive children calm down, hypoactive children become more energetic, depression lift, vision improve, concentration deepen, digestion improve, sleep become deeper—it all depends on your unique needs.¹³

RETRACING

As part of the healing process, some people may experience cleansing symptoms. Some-



times old health problems may briefly return as your body/mind is completing the healing process and returning you to balance and health.

That is because a chiropractic adjustment unlocks what is blocking your healing—incompletely healed injuries can finally resolve or toxic buildup can be released.

Expect your healing process to be unique to you.

WHY SHOULD I RETURN IF I'M FEELING FINE?

You entered our chiropractic office feeling terrible and now you are experiencing the wonders of being subluxation-free. You'd be happy to return if your health deteriorates to the point where you feel terrible again. But your chiropractor suggests you return even if you feel fine.

"Why should I return if I'm feeling fine?" you may ask. "Why not wait?"

SYMPTOM RELIEF OR TRUE HEALING?

Although your symptoms may have diminished after a few adjustments, the degeneration caused by years of uncorrected subluxations may remain. Don't sabotage your care—as your nervous system heals you'll discover what natural health can be: more energy, better mental health and a happy optimistic outlook on life.

Regular chiropractic care keeps you free from subluxations to help you achieve and maintain wellness and function at your physical and emotional best.

EXPECT THE UNEXPECTED!

If you do not expect the unexpected you will not find it, for it is not to be reached by search or trail. Heraclitus

