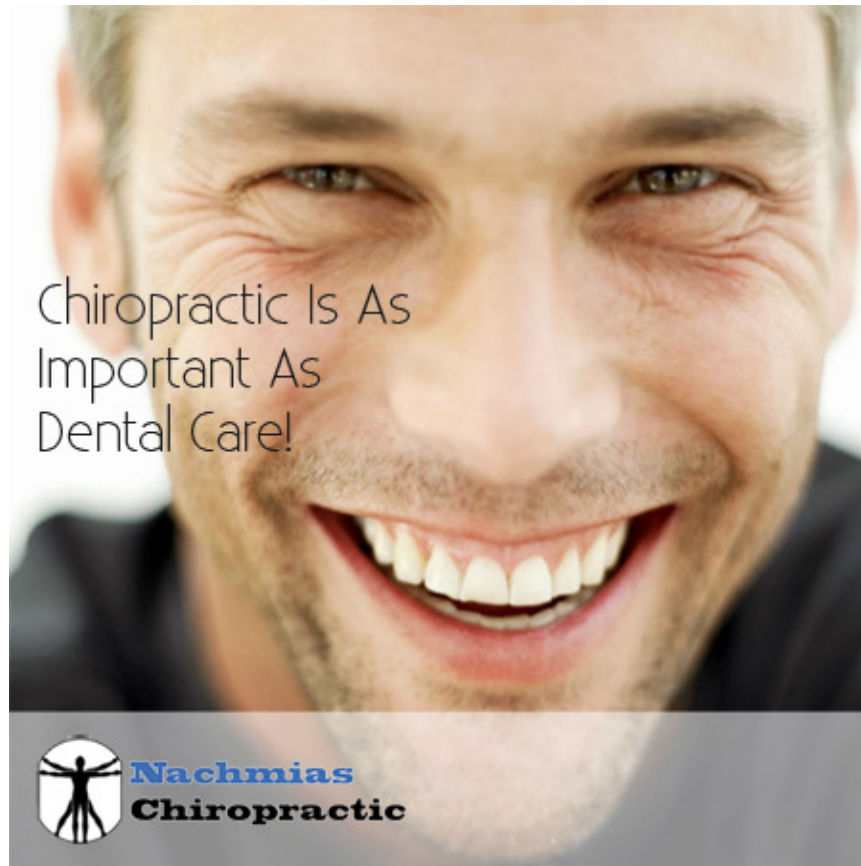


Health Maintenance – Continuation...



Like Dental Care

Chiropractic care is like dental care. Just as you should see your dentist regularly to prevent small problems from becoming large ones, so you should see your doctor of chiropractic for the same reason.

Your Grandchildren

Your chiropractic often sees people after they've been living in unhealthy bodies for many years. If only we could turn back the clock so they could have received the chiropractic care when they first needed it – years or even decades ago. When we say something like, "You should have come here twenty years ago" we know that is cold comfort for you, but hopefully you bring in your children or grandchildren so when they are older they won't be hobbling in to see the next generation of chiropractors. You don't have to live for years with an unhealthy spine.

Vertebral Subluxation Complex

An unhealthy spine, one with the vertebral subluxation complex, weakens spinal muscles, ligaments, cartilage, discs, spinal bones and nerves. This unbalances your body, causing fatigue, lack of energy and vitality, premature aging, weakness and lowered resistance to disease.

Chiropractic Spinal Care

When your doctor of chiropractic gives you a spinal adjustment to correct your vertebral subluxation complex, your body has less stress, increased resistance to disease and improved function. No matter what disease or condition you may have – skin problems, allergies, asthma, neck or back pain, headaches or insomnia, or other health problems – you need a healthy spine.

Often Unnoticed For Years

You may suffer from the vertebral subluxation complex for years before symptoms appear. You may not feel any overt symptoms while nerves are damaged, life energies are unbalanced and the very bones surrounding the nerves may be degenerating. By the time the first symptoms of disease appear, your health may already be severely damaged. That is why chiropractors emphasize periodic spinal checkups even if you feel no symptoms. Why wait until your health is lost before you try to regain it?

Early Signs Of Spinal Stress

What are some of the early minor signs of the vertebral subluxation complex? One of the first signs of a spine out of balance is lack of energy or fatigue. Other signs may be one shoulder higher than the other, a foot flaring out when you walk, more ease on turning your head or back to one side than the other and uneven wearing out of the heels on your shoes. Pain is one sign that something is wrong of course, but it may arise long after initial subluxation first appeared.