

## WHY YOU SHOULD CONSIDER RECONSTRUCTIVE CHIROPRACTIC CARE

Most patients enter our office with the goal of getting rid of their pain (or other symptoms). We, too, want to help you get rid of your pain as soon as possible. But pain relief is the least of the benefits that chiropractic care can offer you. Below are some of the reasons you should consider choosing reconstructive chiropractic care.

- 1. Relief from your symptoms.** The pain or symptom that motivated you to seek care at our office will be the first benefit of your chiropractic care.
- 2. Structural and postural changes.** You will experience changes in your spinal structure and posture.
- 3. Functional Improvement.** Your body systems will return to fuller functional capacity and your health will return.
- 4. Spinal degeneration slows or stops.** The subluxation degeneration process is slowed or stopped.
- 5. Reprogramming of the nervous system.** Your nervous system "remembers" and stores every injury, trauma, insult, stress and negative experience you have ever had in your lifetime. Chiropractic adjustments have the unique quality of "reprogramming" much of this negative sensory input you have suffered.
- 6. Healing.** Healing is the regeneration of the damaged cells and tissues of the body and the reintegration of the body, mind and spirit.
- 7. Improved quality of life.** When your pain and symptoms are gone, and when your body is functioning better, the quality of your life will be substantially better. A longer, healthier life is the result of long-term chiropractic care.
- 8. Experience the benefits of chiropractic:**

- Makes you feel great!
- Corrects the cause rather than treats symptoms
- Restores normal nerve supply
- improves immunity
- improves overall health
- More energy
- Improves athletic performance
- Allows better sleep
- Restores normal mobility
- Improves posture
- Improves healing

- Counteracts the effects of gravity
- More efficient body function
- Slows or stops spinal degeneration
- improves spinal structure
- Slows the aging process
- Makes spinal disks healthier
- Quicker recovery
- Back to work faster
- Usually prevents surgery
- Completely safe

- Affordable health care
- Natural
- Painless
- No drugs
- No needles
- Relieves stress
- Relieves tension
- Often instant relief from pain
- Relieves many symptoms
- Prevents many health problems
- *Adds years to life*
- *Adds life to years*

Chiropractic provides these benefits without drugs, without surgery and without skyrocketing health care costs.

Long term problems often require long term solutions. The stress factors that affect your problems are still very much at work in your life. After you receive your chiropractic adjustment you usually return to the environment that caused or contributed to your problem in the first place. This is why we recommend that you choose long term care rather than short term, relief care.

Whatever type of care you choose, we are here to serve you and to support you in your health care decisions. We appreciate you giving us the opportunity to help you!