

# The Chiropractic Lifestyle: A Whole New Perspective on Health

**Symptoms** Regardless of the reason you came to our office, it is important to understand the difference between symptoms and their cause. As your spine is corrected, you will have good days and bad days. Do not get caught up in this roller coaster; it is normal. You will be happiest and get the best results if you understand that this is a process designed to get you functioning at your peak level and get you on the road to wellness. This takes time and is a life long process. Stay focused on this outcome so you are pleased with your results and enjoy the journey.

**Appointments** A certain number of adjustments in a given time period is necessary to get the best result from your care and create wellness in your life. While we cannot predict the exact number of adjustments you will need, we do know that consistency creates the best results. Therefore it is absolutely necessary that you keep your appointments. If you need to change an appointment, please call in advance to reschedule it within 24 hours so you stay on target for wellness. It is your responsibility to get here. We will do all we can to accommodate you.

**Daily Visit Procedure** Each time you arrive for your adjustment, sign in and have a seat in the reception room until the Front Desk Chiropractic Assistant directs you to an adjusting room. Go back to the adjusting room and lay down on your stomach on the table. Take deep breaths and focus on relaxing your spine. Relaxing your spine is crucial to getting the best adjustment possible. Once the doctor learns your spine, the adjustments will take only a few minutes.

**Dynamic Examinations** During your Initial Intensive Care you will receive several Dynamic Examinations to monitor your level of spinal correction. On this visit, all the findings from your initial visit will be retested. Plan on spending 30 minutes on these days. There is an additional fee for this visit unless you are on a Prepayment Plan that is all-inclusive. Immediately following your Dynamic Examination, you will sit down with the doctor to discuss your results. At the end of your Corrective Adjustment Plan (CAP) you will receive recommendations for a Wellness Adjustment Plan to help you stay as healthy as possible.

**New Patient Orientation** This is the single most important visit we provide because it is where you will learn how to get the best results from Chiropractic. It is our policy that you attend one HPP within the first 2 weeks of care. We recommend that you bring your spouse, a family member or friend with you so you create a support group who understand what your are going through and keep you focused on your desired results.

Also, if you know anyone else with a health problem, or is committed to a wellness lifestyle, our HPP would be a great way to introduce him or her to our office and chiropractic without any obligation or financial commitment. The Human Potential Program is free and is held at our office on Tuesdays at 7:00 pm.

**Exercise** Many people try to correct their spine with exercise. Research shows that people who exercise on an injured spine that has healed wrong will tend to experience more rapid deterioration of their spinal bones, disks, and nerves.

However, when you exercise in conjunction with your Chiropractic adjustments, you will find that your spine will improve quicker and your athletic performance will be dramatically enhanced. We recommend that you do some type of aerobic exercise, such as walking, at least once a day.

**Nutrition** Good nutrition is important to maximize your health and healing capabilities. A diet filled with fresh fruits and vegetables will fulfill your nutritional needs on a daily basis. For more detailed information on nutrition, ask the doctor.

**Results** We are very result oriented, however, many factors that we have no control over effect how quickly you respond to your care. These include your age, occupation, how long you have had your vertebral subluxation, and how many subluxations are present in your spine. Regardless of these circumstances, your body has an incredible ability to heal itself. The recommendations we make will consider these factors along with the current condition of your spine. We will do all we can to get you to Wellness Care as quickly as possible.

**Congratulations on choosing Chiropractic** Follow through with your family and enjoy the health benefits that come with a Chiropractic Lifestyle.

## Life Solutions Chiropractic

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