



July 2010 Issue | Natural health news published monthly by First Choice Chiropractic.

Why Chiropractic Thrives

Effective. Chiropractic care restores nervous system integrity, so it helps a wide range of health care problems.

Natural. Chiropractic care seeks to restore proper control and regulation of your body so health can return, naturally.

Safe. Even newborns get adjusted to correct the spinal trauma from the birth process!

No side effects. The only "side effects" are positive ones like better balance, more energy, increased vitality and improved coordination.

Smart choice. It makes sense to correct the underlying cause rather than just the symptoms.

If you know someone who you think we could help, please send them our way.



Considering a Career Change?

If you're looking for a rewarding career, you might want to consider becoming a chiropractor. If you enjoy working with people, have an interest in health and would appreciate the satisfaction of helping others, chiropractic could be your access to greater purpose and deeper fulfillment.

As health care costs continue to consume ever greater amounts of our already over-burdened economy, chiropractic is known for its efficiency.

For less than the cost of lab tests and expensive diagnostics, patients receiving chiropractic care can be well on their way to recovery. The future belongs to the efficient.

The side effects of the prevailing "better-life-through-chemistry" approach to so-called "health care" continue to make front-page news. More and more people are suspicious, or at least disenchanted, with the knee-jerk way the latest drug concoctions are recommended. With this, comes greater interest in non-drug solutions.

As the aging baby boomers start taxing the "health care" system, there is an increasing cultural bias for things natural. These were the folks who shunned polyester and coined the phrase "Get real."

Since chiropractic doesn't put any thing in or take any thing out, and the only side effects are positive effects, chiropractic is well positioned to continue to be attractive in the years ahead.

If you'd like to know what it takes to become a chiropractor and which chiropractic college I would recommend, please feel free to ask on your next visit.



Continuing Your Care

How long do you intend to brush your teeth? Probably the rest of your life, right? How come after brushing your teeth yesterday, you'll likely brush your teeth today, tomorrow and next week?

Because your teeth hurt? Because you have a cavity?

It's one of the good, healthy habits you've developed. Even with this daily prevention you'll probably visit your dentist from time to time. Yet, no one ever observes, "Once you go to a dentist, you have to go for the rest of your life." This issue is often raised by those who don't understand the preventive nature of chiropractic.

We're committed to detecting and reducing the effects of physical, emotional and chemical stresses to your spine and nervous system. For as long as you experience them. Which for most of us, will be for the rest of our lives!

Five Ways to Benefit

There's a lot of talk about Wellness Care these days. But what is it? Compare it with other types of care:

Relief Care Many people begin here. If you stop care as soon as you feel better, you'll invite a relapse.

Corrective Care With the most obvious symptoms reduced, many patients opt to continue their care. This helps stabilize and strengthen their spine.

Maintenance Care Regular chiropractic care helps maintain your progress. Your visit schedule varies based on your age, condition and stress levels.

Preventive Care Periodic chiropractic checkups can help catch new problems early. This can minimize flare-ups. Those who value their health often take this proactive approach.

Wellness Care We experience life through our nervous system. That's why optimizing our nervous system is the key to becoming all that we can be.

How far will you choose to take your chiropractic care?

