Chiropractic—The Natural Way to Family Health Care.

Chiropractic is based on the principle that our natural state of health and well-being is maintained by an “innate intelligence” flowing through our nerves to all parts of our body.

Chiropractic simply helps to keep this miraculous life-force flowing freely by correcting "vertebral subluxations" (spinal misalignments) that interfere with nerve energy impulses.

For a century, chiropractors have used their hands-on technique to care for hundreds of millions of people. And, as a result of their high record of success, Chiropractic has become the world’s leading natural health care profession. Chiropractors must be doing something right!
More than just an effective treatment for back problems

Because of its effectiveness in treating back pain, chiropractic is thought of solely for that purpose, although it is actually a science of restoring wellness to the entire body. The nerves to the organs, glands and other vital parts of the body pass through the spinal column. By adjusting the spinal column, a chiropractor, in effect, adjusts other parts of the body—by correcting vertebral misalignments, called "subluxations," which can impinge nerves and disrupt their natural flow of energy.

Are you "subluxated" and don't even know it?

Although vertebral subluxations often cause pain, there are many times when they don't—which means that you or a member of your family could be subluxated and not even know it! That's why chiropractic adjustments can benefit the entire family—from grandchildren to grandparents. At all stages of life, we each need our full natural flow of nerve energy (our "life-force") to maintain optimum health and be free from pain, illness and disease.

Children respond well to Chiropractic

Children respond exceptionally well to chiropractic treatment as their muscles are less tense than adults'. They also "hold" their adjustments longer, as their bodies have not developed a habit of conforming to misalignments. However, with all the falls and tumbles that most children go through, it's a good idea for them to have periodic chiropractic check-ups.

Children seem to take to adjustments quite easily. They may not know exactly what is happening, but they sense that it "feels" right, and, after only a visit or two, they hop right up on the adjustment table all by themselves.

Do newborn babies need adjustments too?

Newborn babies get adjusted, too, because the birth trauma and the delivery can cause a child's first subluxation. Many chiropractors are specifically trained to locate and adjust vertebral subluxations in newborns, as well as children of all ages. Early chiropractic evaluation is prudent, as it helps insure that the child's health, growth and development is not impeded by spinal problems.

Avoiding childhood problems

Many childhood problems can be helped by chiropractic adjustments. The most common are earaches or middle ear infections, which often respond dramatically well with only a few adjustments. Many pediatricians now refer their patients to chiropractors for care of ear infections before resorting to invasive medical procedures.

Chiropractic teens are well-adjusted

Chiropractic promotes the concept of a drug-free body. We teach kids to unlearn that the only way to deal with pain or discomfort is to pop a pill or take medication. Instead, they learn to honor and trust the wisdom of their body's own healing power. When it comes to "turning on," we encourage them to think of turning on their Innate Life-Force. You'd be surprised at how many chiropractic teens have actually developed this healthy, holistic outlook on life!

Chiropractic is especially important for teens, as the correction of subluxations and the resulting increase of nerve energy can more efficiently regulate glandular and hormonal changes.

Healthy families are happy families.

There's nothing that can stress a family more than ill health and disease. When one family member is not well, it affects the whole family. That's why we encourage our patients to make chiropractic care a family affair.

We have a special family health maintenance program to fit everyone's budget, so please feel free to discuss it with us. And if you have any concerns regarding chiropractic care for children, do not hesitate to talk to us about it. We're here to help keep your whole family healthy with chiropractic adjustments.
Behind your back is the world's most sophisticated intelligence network; a remarkable system that relays information to quadrillions of cells in your body. It coordinates, heals, controls, and maintains your body's myriad functions, while inspiring you spiritually, emotionally, and intellectually.

Are you aware of what's going on behind your back?
The extraordinary intelligence network in your body is your nervous system. Its main conduit is the spinal cord, which extends from the brain and branches out into billions of nerves. It is supported and protected by the spinal column, made up of 24 moving vertebrae.

Behind your back, then, is the control center to virtually every cell, tissue, organ, and gland of your body. Therefore, it is important that this vital part of your anatomy is functioning at its optimum level, since so much else in your body depends on it.

For this very reason, the art and science of Chiropractic was founded—to insure that the spinal column is in proper alignment. Misaligned vertebrae can impinge or irritate the nerves and interfere with the full flow of nerve energy that your entire body needs to keep healthy and be free from pain, illness and disease.

Chiropractic, you might say, simply gives a helping hand (or two) to your body's own innate healing ability. If chiropractors truly have something to brag about, it is this: that no other health care system has more awe and respect for the body's self-healing capabilities.

And if, in the process of helping nature do its work, chiropractors can help relieve pain, eliminate or reduce the need for pharmaceutical drugs and avoid surgery, it gives them an even greater honor to be part of the world's largest natural health care profession.

Is chiropractic for you? The question you should really ask is: are you ready to take responsibility for your own health, and seek to correct the causes of your health imbalances, rather than wait for a crisis to happen or suppress symptoms with drugs and medication? If so, chiropractic is available to help you attain and maintain a healthy, vibrant, holistic lifestyle.

As chiropractic is entering its second century, our profession is more committed than ever to assist others in accessing their innate healing potential.

Call for an introductory chiropractic examination and consultation. We'll show you some facts of health that you'll never be able to turn your back on again.

Chiropractic patients tend to become more active participants in preventive health care and maintenance—by exercising regularly, eating healthy food, avoiding toxins, and, overall, by embracing a healthy, natural lifestyle.
The art & science of Chiropractic is based on the principle that our natural state of health and well-being is maintained by an “innate intelligence” that flows through our nerves to all parts of our body.

Chiropractic simply helps to keep this miraculous life-force flowing freely by correcting “vertebral subluxations” (spinal misalignments that interfere with vital nerve energy impulses).

For a century, chiropractors have used their hands-on technique to care for hundreds of millions of people! And, as a result of their high record of success, Chiropractic has become the world’s leading natural health-care profession.

Chiropractors must be doing something right!
Within your body is a force more powerful than a magnificent roaring waterfall. But when obstructed, the flow of that life-force is diminished, and your body's ability to express its fullest potential and resist illness and disease is reduced.

Chiropractic helps to remove the obstructions—by correcting vertebral misalignments ("subluxations") that can interfere with the flow of nerve energy to all parts of your body.

Chiropractic approaches health from the inside-out. When our bodies suffer from pain, sickness or disease, true health is restored, not by putting something from the outside-in (invasive) but by accessing our Innate Intelligence to maintain our health from within.

Chiropractic affirms that a physical symptom is nature's way of telling us that something in our body is not working right; and taking a pill to make the symptom go away, is like shutting off a fire alarm to put out a fire. While many people believe that they are taking medicine to help them feel better, their health may continue to deteriorate and their symptoms may get worse, making it necessary to increase the dosage or take stronger medicine. Also, drugs and medication can produce side-effects, often causing more serious problems than the original condition for which they were taken.

We're not saying drugs or medication should never be used. There are times when they can alleviate severe pain and discomfort and reduce the risk of serious infections. We just want you to realize that within your own body you already have an internal drug store that can provide its own medication—without side-effects or drug dependency! In fact, your body manufactures every medicine you'll ever need: antibiotics, insulin, cortisone, hormones, and numerous other substances that science hasn't even discovered yet.

It's one aspect of the miraculous process called Innate Intelligence. Just as this Intelligence knew how to create your body, it also knows how to heal your body—by communicating through its vast intelligence network called the nervous system.

Therefore, it's important to keep your nervous system and your Innate Intelligence operating at its optimum level—by eating healthy food, getting sufficient exercise and rest, cultivating positive thoughts, avoiding toxins, reducing stress, and correcting subluxations.

That's the natural way of health and well-being according to Chiropractic. And after a century of successful practice, we figure that we must be doing something right.

"The power that made the body is the power that can heal the body"
Your spinal column is probably the most important bone structure in your body. It is made of 24 connected vertebrae joined together by disks and cartilage. These flexible vertebrae allow the spine to bend forward, backward, and sideways, enabling you to tie your shoes, swing a golf club, throw a bowling ball, or dance a pirouette.

But most important of all, your spinal column is the structure that supports and protects your nervous system, which imparts vital nerve energy to your organs, glands, cells, and all parts of your body.

Therefore, the primary function of Chiropractic is to attend to the well-being of your spinal column, and by so doing, promote the well-being of your entire body.
Your spinal column holds the key to many of your health problems (as well as many of your health solutions). For it is through your spinal column that your nerves pass as they branch out to all your cells, tissues, organs, glands, and other parts of your body.

The spinal column supports these nerves in an ingenious way—with a series of connected bones, called vertebrae, that protect the nerves while allowing your body the full freedom of movement. However, when these vertebrae move out of their normal position, or lose their normal range of motion, health problems can occur.

When such spinal malfunctions occur suddenly and severely, due to the trauma of an accident, it can result in serious nerve damage, as the hard bones injure the very nerves they were meant to protect. In extremely severe cases, it can even result in paralysis.

There are also minor spinal malfunctions that occur in the normal course of daily living, called “vertebral subluxations.” Rather than damage your nerves, the vertebrae, in this case, more subtly exert a pressure that slowly interferes with your nerves’ normal energy flow. While subluxations can result in pain, quite often they do not, and, if left uncorrected over a period of time, they can disrupt your nervous system’s normal function of relaying vital nerve impulses to essential body parts.

To use an analogy: it’s like a dimmer switch on a light fixture. When the switch is turned, it interrupts the electrical cycle and causes the voltage to be reduced—making a 100 watt bulb act like a 60 watt bulb.

Actually, irritated nerves caused by vertebral subluxations, can result in either decreased or increased bodily functions in whatever organs those nerves supply.

For instance, a sluggish liver or gall bladder indicates decreased activity, whereas an overactive stomach or rapid heartbeat indicates increased activity. Through a series of chiropractic adjustments, spinal irregularities are corrected and the conditions caused by subluxations can be relieved, and even eliminated.

Chiropractors call the free, unimpeded flow of vital nerve impulses: “100% Life-Energy.” It is this life energy that miraculously created your body out of two microscopic cells; the very same innate intelligence that can also heal your body!

To use an analogy: it’s like a dimmer switch on a light fixture. When the switch is turned, it interrupts the electrical cycle and causes the voltage to be reduced—making a 100 watt bulb act like a 60 watt bulb.

Chiropractic is there simply to give your own innate healing power a helping hand, by removing the interferences. This is the primary principle that has guided the art and science of chiropractic for an entire century, and has helped millions of people attain better health and well-being, overcome pain, avoid surgery, and reduce or eliminate the need for drugs or medication.

So don’t wait for a backache to bring you to a chiropractor. Call today to schedule an introductory consultation, and let us show you how chiropractic can light up your life!