

# Damage can start at birth.

Many of the problems seen in adults can start as early as the birthing process. By the time some adults consult a Doctor of Chiropractic, years of spinal damage has occurred. This makes it difficult to get the instant results most patients want.



Detecting spinal problems at an early age can help prevent many of the problems seen in adults.

## THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

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# Results

## AND THE CHIROPRACTIC LIFESTYLE

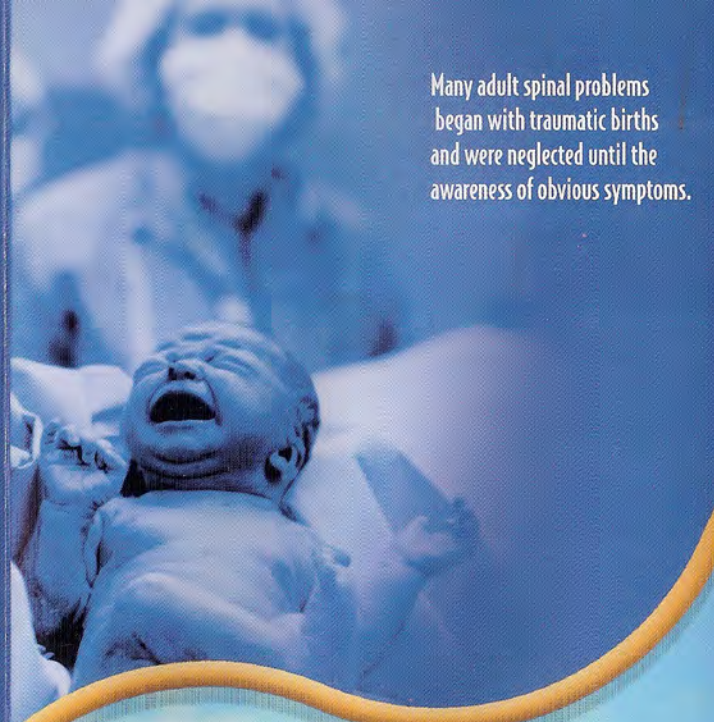




# Today's lifestyles benefit from chiropractic care.

Even so-called "normal" births can cause unseen damage to the structure and function of a newborn's young spine. Muscles that support the spine adapt and become used to supporting the spine incorrectly. Then, after years of neglect, if something happens that exceeds your body's ability to adapt, obvious symptoms can develop. While your health complaints may seem new, the underlying problem may have existed for years.

Many adult spinal problems began with traumatic births and were neglected until the awareness of obvious symptoms.



Optimum results start with a thorough chiropractic examination.



Reducing nervous system dysfunction by restoring normal motion or position to spinal bones, is one of your chiropractor's major goals. Children usually respond quickly. Yet, long-standing spinal problems in adults can be difficult to fully correct, and may require months or even years of regular chiropractic care.

Underlying muscle and soft tissue damage may require continued care long after symptoms disappear. Missing appointments or discontinuing care prematurely can invite a relapse. That's why many patients elect to continue with regular chiropractic checkups to maintain their progress. How long you decide to benefit from chiropractic care is always up to you.

The sooner chiropractic care begins, the sooner spinal malfunction can be detected, reduced, and future problems avoided.

Those with active lifestyles often benefit from some type of on-going wellness chiropractic care.