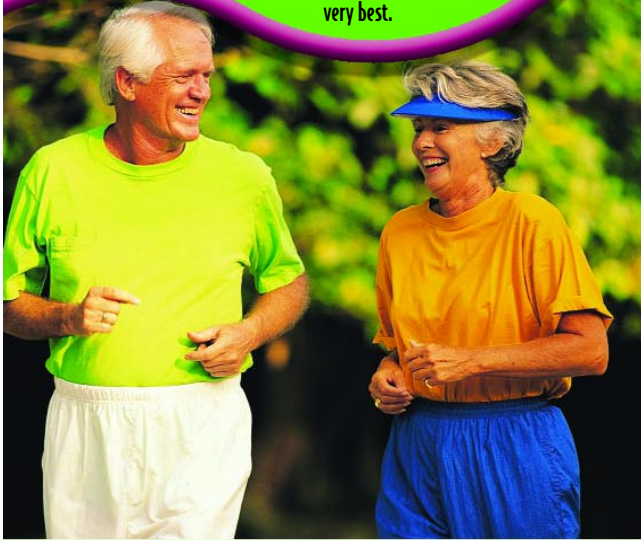


# Chiropractic helps more than just "bad backs."

Many think that health is merely the absence of pain or symptoms. Today, more and more of us are interested in a higher level of health called wellness. Beyond merely feeling better or preventing health problems, we want to fully enjoy life by being at our very best mentally, physically, and socially. True health is only possible with an optimally functioning nervous system.

Wellness care is for those who want to be their very best.



## 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.

# SAMPLE NOT INTENDED FOR REPRINT

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# Wellness

AND THE CHIROPRACTIC LIFESTYLE



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SHARE WITH YOUR FRIENDS AND FAMILY

# Why you need chiropractic when you're not in pain.

A wellness approach to better health means adopting a variety of healthy habits for optimum function on all levels—physical, mental, social, and spiritual.

Because of its focus on the nervous system, chiropractic care can be an important part of a wellness lifestyle. The nervous system controls the function of virtually every aspect of our lives. Maintaining a properly functioning nervous system is essential if you want to be your very best.



The pleasant result of chiropractic care is often more vitality and endurance.

Few things as complicated as your body can be “fixed” and then ignored. That’s why your chiropractic doctor may recommend a schedule of regular chiropractic checkups. Like maintaining your teeth, your car, your family, or your faith, maintaining the integrity of your nervous system requires an ongoing investment.

Those who want to be their very best, add regular chiropractic care to their other health practices. The pleasant result is often more vitality, endurance, and the capacity to enjoy life to its fullest.

Good nutrition, exercise, chiropractic care, and other preventive measures are part of a wellness lifestyle.

While chiropractic care can help with the integrity of your nervous system, remember the emotional and spiritual aspects of true wellness.

Specific chiropractic adjustments help the nervous system function at it's best.

