

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



Dr. Rick Powers



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Dr. Sheldon Chernaik

The Experts®
you need to know
on Chiropractic Care

Dr. Wallace Jans

DRUGLESS PAIN RELIEF

Pain is the most common motivating factor that drives people to consult a health care professional. For decades now analgesics (pain killers), either prescription or non-prescription, have been the most popular approach for people to manage their pain levels. Our society however is increasingly looking for non drug solutions for their pain. People are more aware than ever before about the many side effects pain medications have. Prescription pain killers are now the leading cause of accidental deaths in the USA according to the Center for Disease Control. People are also becoming more concerned that pain killers only mask the pain, rather than getting to the root cause of the pain. Simply alleviating the pain doesn't address why pain is there in the first place and can result in serious problems being ignored.

Musculo-skeletal pain, including arthritis, back pain, neck pain and many types of headaches, is by far the most common category of pain. It is the leading reason for people to seek the help of a professional. Musculo-skeletal pain is also a leading cause of disability and significantly drives up the cost of our health care system. It is this type of pain that motivates people to consult a chiropractor and that chiropractors are specifically trained to deal with.

Several research papers in recent years show that the chiropractic approach to musculo-skeletal problems is more effective than NSAID pain medications, with far fewer side effects. While pain medications are non specific, chiropractic adjustments very specifically target problem areas. The adjustments restore normal function and work with the body's own natural healing abilities. The body is amazingly able to return to a pain free, normal state if given the correct environment to do so.

Along with chiropractic adjustments, our office provides massage therapy, laser therapy, nutritional supplements, exercise

advise and lifestyle counseling to help our patients overcome their musculo-skeletal pain in a safe, effective, drugless way. Pain relief is only the beginning of what the chiropractic approach can do for a person. By restoring normal body function, people can return to activities that are important in their lives. This can be simply activities of daily living like house work or grocery shopping. It can mean the return to playing with the family, work, travel, exercise, or even the joy of having a good nights sleep.

*Can chiropractic care help you with your pain and improve the quality of your life? Call our office today for a **FREE** consultation.*



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**Don't let pain keep you
from enjoying life!**

**Call 529-9069 today for a
FREE CONSULTATION**