

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



The Experts® on Chiropractic Care:



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Ask The
Experts®

on Chiropractic Care

Dr. Wallace Jans

WHY CHIROPRACTIC?

Chiropractic was founded in Iowa in 1895 by expat Canadian, Daniel David Palmer. Palmer had a theory that there was a connection between the spinal column, the nervous system, and the health of an individual. An opportunity arose to test this theory on a deaf janitor who had an observable spinal deformity. Mr. Palmer applied a force to the janitor's spine and almost miraculously the man's hearing improved. Thus the chiropractic profession was born.

In the subsequent 117 years chiropractic has grown and evolved to become the largest drugless, alternative health care profession in the world. Chiropractors are licensed in over 40 different countries and are practising in over 90 countries. Chiropractic Colleges can be found around the globe, often affiliated with major universities. Many highly recognized universities, including U of A and U of C here in Alberta, have chiropractic research departments. The profession publishes research papers in respected journals such as Spine, Lan-

cet, JMPT, Journal of the American Medical Association, Journal of the British Medical Association, Annals of Internal Medicine and many others. Plus chiropractic has an admirable safety record. A New Zealand Royal Commission describes it as "remarkably safe".

As important as all these things are, the most significant fact is that chiropractic has helped millions and millions of people to lead healthier lives. The majority of the research has focused on back pain, neck pain and headaches, the most common reasons people seek chiropractic care. Arm pain, leg pain, knee problems, carpal tunnel syndrome, and jaw problems are other complaints frequently helped with chiropractic as well. But something else very significant happens to many people after they start chiropractic care - they experience improved overall health. This is because chiropractic adjustments improve the function of the nervous system and chiropractic promotes a lifestyle of natural health.

Even with all the advances in chiropractic and all the people who have been helped over the past century, there are many people who still view chiropractic as a fringe profession. Why is this? I propose the reason is that chiropractic is different. We

look at the body as a whole, self healing organism; not individual systems that need outside regulation in order to function. Chiropractic is simply about freeing the nervous system allowing the body to do what it was designed to do. Then it needs the rest, exercise, and nutrition of a healthy lifestyle to keep working properly.

Could you benefit from the unique chiropractic approach to helping your problems and improving your health? Find out by calling our office and scheduling a free consultation.

**Can the Unique Chiropractic
Approach Help You?**



**Call 403-529-9069 today
for a FREE consultation**

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