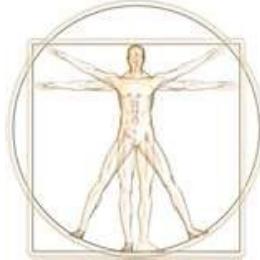


Today's Chiropractic Weekly Handout

How To Get The Most From Your Chiropractic Care!



Chiropractic is the largest drug-free healthcare system in the world; spinal care is thousands of years old. But it may be new to you!

Chiropractic care is different from medical and other types of healthcare so its normal to have lots of questions. Therefore the most important thing is communication.

- **Discuss our findings with us.** Where are your subluxations? How am I adjusting your spine? What phase of subluxation degeneration (if any) are you in? How did your spine get subluxated? What level of care are you in? What is your prognosis? Ask us if you have any questions!
- **Learn about chiropractic care.** What is chiropractic? How does it work? One of the main reasons why people don't benefit as much as they could is because they don't understand why they need care and exactly what we are doing. So please **read the educational materials** that we give you and take and read others that interest you.

- **Ask questions.** We're experts in the field. We've spend thousands of hours studying how to help you. We're committed to you, **we're a team with you** and team members must communicate. We're always here for your. Call us, email us or just ask when is a good time to talk. We'll go out of our way to work with you on your needs and concerns.
- **Finances.** Talk to us. I became a chiropractor to help people . Please don't hesitate to talk to our office staff about financial concerns.
- One of the main reasons people quit care is a lack of **family support**. How to fix this? Talk to them. Give them some of our literature and other materials that might help them understand chiropractic care. We encourage you to bring your spouse, children or any family members in see what we are doing with your care, ask us questions or begin treatment themselves!
- **Refer others.** Believe it or not, when your friends and relatives discover how great chiropractic care is, it reinforces your care. We see it all the time.
- **Take care of your body.** Get enough sleep, exercise, take time for yourself, relax, laugh, love and above all:
- **Talk to us!** Good health requires communication!!

Today's Chiropractic Clinic
614 S. 225th Street
Des Moines, WA 98198
206-878 BACK (2225)
www.todayschiropractic.net

~ Serving Our Community Since 1990 ~

Office Hours:
Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm
Tues: 8:30am-12pm & 2:30pm-5pm