

## We Can Help “Weekend Warriors” & “Elite Athletes” Reach **PEAK PERFORMANCE!**

**O**ur goal is to get you back to doing what you love doing...and resuming your normal routine *without pain!*

When you're "on your game," you know it. You think *more clearly*. You move *with ease*. You look forward to playing a sport, exercising, socializing, traveling or even working!

A ligament sprain, muscle strain, inflamed nerves, or a disc problem can leave you in pain and "off your game."

Why miss out and be miserable!  
**Chiropractic is proven, natural pain relief.**

We take you through each necessary step of healing to correct the cause of your pain. In so doing, **our goal is to restore your range of motion, flexibility, balance, and muscle strength.**

By helping to break up scar tissue, **improve** circulation, and **eliminate** nerve irritation, we can achieve the same **great results** for athletes and non-athletes alike!

### **Benefit from the Same Level of Care Olympians Get!**

Amateur, pro teams, and an increasing number of Olympic teams—including the US Olympic team—now have team Chiropractors.

In fact, all 32 NFL teams include Chiropractic care in their integrated-healthcare team approach.

The president of the International World Games Association recently acknowledged their team of 35 Chiropractors for their role in injury prevention and healing for the 4,500 participants from 101 countries!

We treat athletes of all levels, across all sports. And *you* have access to the very same care that elite athletes receive, right here in this office:

- **Injury management**
- **Prevention of injury/disability**
- **Improvement of function, performance, health and well-being**

**Get Back on Your Feet, Faster!**

When those old sports injuries creep up on you or new injuries keep you on the "disabled list"...Chiropractic care is a game changer!

**Call Us TODAY!!**





# “The Pain is COMPLETELY GONE!”

Since Chiropractic Care has been proven to effectively eliminate low back pain for active-duty military personnel...

Imagine what it can do for you in your everyday life!

A 2013 research trial funded by the Samueli Institute suggests that **Chiropractic care along with medical care, significantly improves physical functioning and decreases pain** (when compared with medical care only).

In fact, 73 percent of the military study participants receiving Chiropractic and standard medical care reported their back pain was “completely gone”!

“It is critical that we continue to explore drugless approaches to reduce pain,” according to Wayne B. Jonas, MD, President and CEO of Samueli Institute. **“Chiropractic care is an important option to consider for musculoskeletal disorders**—the most prevalent pain complaint in the military.”

### Translating “Evidence” into Action!

Whether you’re in the military, an athlete, a stay-at-home parent,



**Wayne Jonas, M.D.,**

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a business executive, or a retiree—**your spinal joints have to function properly for you to function optimally!** That’s why you need Chiropractic care...

Anything that compresses or irritates your spinal nerves sets

the stage for dysfunction, pain and stiffness.

By maintaining proper spinal alignment, we can ease the stress on your spinal nerve roots.

**Regular spinal check-ups and adjustments help keep your muscular, skeletal, and nervous systems balanced and free of damaging inflammation.**

### The Benefits Go Beyond Pain Relief!

Your physical and emotional well-being is directly influenced by the health of your spine. So choosing **Chiropractic care may not only end your pain, it can also greatly improve the quality of your life!**

We’ll help you get **natural relief** from headaches, neck pain, backaches, shoulder, arm, or hip pain...*without drugs or surgery.*

When medical care is warranted, we’ll refer you to the appropriate specialist and work with your MD to maximize your results. ❖



Please share this exciting health news with your family and friends.

# BREAKING NEWS...

## You Don’t Have to See a Chiropractor “Forever”!

On that note, you don’t *have* to go to the dentist, doctor, optometrist or gym forever either...*unless* you want to **preserve your teeth, your hearing, your health, your vision, and your mobility for the rest of your life!**

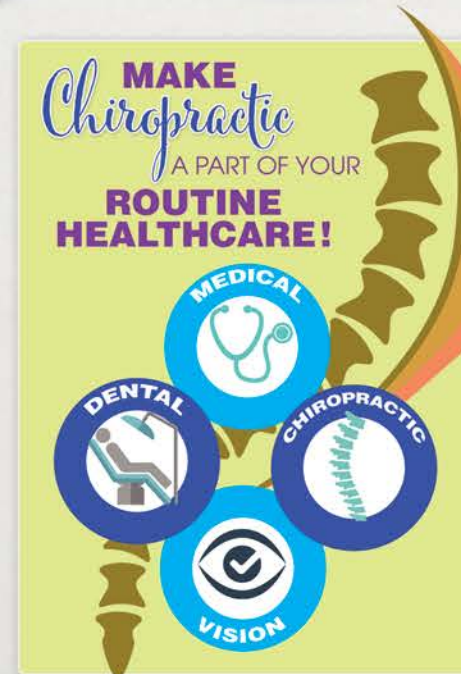
Chiropractic care is also a vital part of your whole-body healthcare.

Maybe you’re concerned that “once you start Chiropractic care, you’ll have to go forever.”

### But think about this for a moment...

You get regular dental check-ups to keep your mouth healthy and to maintain a beautiful smile. Is there *ever* a good time to discontinue your dental care? **Never!**

When it comes to vision exams...would you put a time limit on how long you’ll protect your eyesight? **Never!**



Once you start exercising, eating healthy, and feeling great...would you *ever* want to stop that momentum? **Never!**

Would you feel right about putting the kabosh on your annual physical? **No way!**

Likewise, you wouldn’t want to curtail ongoing Chiropractic care that helps you **function better, slows down age-related spinal degeneration, and stops your pain naturally.**

### Stay Active and Healthy Longer!

Since maintaining a healthier spine can help you heal faster, stand taller, avoid drugs and surgery, and even boost your immune system—**there’s never a good time to forego routine Chiropractic care.**

Just like any other regular check ups (even if you don’t have pain) can help you prevent disease and stay well, it’s also necessary to continue Chiropractic care to **maintain the health of your spine. Give us a call today!** ❖



## “It Really Worked!”

by Craig Chiles

**F**or about two months, I’d wake up every morning hardly able to move my neck. Then it would get better as the day progressed. I figured it would eventually go away. But it didn’t!

I assumed the pain was from sleeping on a soft mattress. But when the pain became persistent and started interfering with my daily activities, I had to do something. So I tried Chiropractic.

I didn’t have any other type of treatment so I know that Chiropractic care relieved my pain! **After the third adjustment, I was already feeling so much better.**

**I’d have to say that I’m 90% better.** I’m back to playing sports, exercising and fishing—none of which I was able to do before having my spine adjusted.

The staff is fantastic! **I’m happy to tell others about my great experience!** ❖