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Newsletter

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Continuing Your Care

How long do you intend to brush your teeth? Probably the rest of your life, right? How come after brushing your teeth yesterday, you'll likely brush your teeth today, tomorrow and next week?

Is it because your teeth hurt? Because you have a cavity? Probably not.

It's one of the good, healthy habits you've developed. Maybe you like how your mouth feels after brushing. Or you want to avoid painful visits to your dentist. Or you want to prevent the social stigma of bad breath.

Even with this daily maintenance and prevention you'll probably visit your dentist from time to time. Yet, no one ever observes, "Once you go to a dentist, you have to go for the rest of your life." This issue is often raised by those who don't understand the preventive nature of chiropractic.

Chiropractors are committed to detecting and reducing the effects of physical, emotional and chemical stresses to your spine and nervous system. For as long as you experience them. Which for most of us, will be for the rest of our lives!

Why Chiropractic Thrives

Effective. Because the nervous system controls every part of your body, and chiropractic care restores nervous system integrity, chiropractic care helps a wide range of health care problems.

Natural. Simply put, chiropractic care doesn't add chemicals to your body. And it doesn't remove parts. Instead, chiropractic care seeks to restore proper control and regulation of your body so health can return, naturally.

Safe. Chiropractic care is so safe, even newborns get adjusted to correct the spinal trauma from the birth process!

No side effects. The only "side effects" are positive ones like better balance, more energy, increased vitality and improved coordination.

Smart choice. It makes sense to correct the underlying cause rather than numb the body with drugs.

If you know someone who you think chiropractic could help, please send them our way, or at least share these reasons why chiropractic care makes sense.

Considering a Career Change?

If you're looking for a rewarding career, you might want to consider becoming a chiropractor. If you like people, have an interest in health and would enjoy the satisfaction of helping others, chiropractic could be your access to greater purpose and fulfillment.

As health care costs continue to consume ever greater amounts of the economy, chiropractic is known for its efficiency. For less than the cost of lab tests and expensive diagnostics, patients receiving chiropractic care can be well on their way to recovery. The future belongs to the efficient.

The side effects of the prevailing "better-life-through-chemistry" approach continue to make front-page news. More and more people are suspicious, or at least disenchanted, with the knee-jerk way the latest drug concoctions are recommended. With this, comes greater interest in non-drug solutions.

As the aging baby boomers start taxing the "health care" system, there is an increasing cultural bias for things natural. These were the folks who shunned polyester and coined the phrase "Get real." Since chiropractic doesn't put any thing in or take any thing out, and the only side effects are positive effects, chiropractic is well positioned to continue to be attractive in the years ahead.

If you'd like to know what it takes to become a chiropractor and which chiropractic colleges are recommended, ask on your next visit.

Five Ways to Benefit

There's a lot of talk about Wellness Care these days. But what is it? Compare it with other types of care:

Relief Care Many people begin here. Pain prompts them to begin chiropractic care. If you stop care as soon as you feel better, you'll invite a relapse. Muscles and soft tissues heal after symptoms disappear.

Corrective Care With the most obvious symptoms reduced, many of our patients opt to continue their care. This helps stabilize and strengthen their spine. Some insurance companies recognize the value of corrective care, but many do not.

Maintenance Care Regular chiropractic care helps maintain your progress and avoid a relapse. Your visit schedule varies based on your age, condition and the stresses in your life.

Preventive Care Beyond maintenance is the realm of prevention. Periodic chiropractic checkups can help catch new problems early. This can minimize flare-ups. Those who value their health often take this proactive approach.

Wellness Care We experience life through our nervous system. That's why optimizing our nervous system is the key to becoming all that we can be.

How far will you choose to take your chiropractic care?