

### BEING YOUR BEST

Simply put, we experience our lives through our nervous systems. That's why optimizing our spines and nervous systems is the key to becoming all that we can be. Chiropractic care and other healthy habits create new possibilities.

**WELLNESS**

## HOW FAR WILL YOU TAKE YOUR CHIROPRACTIC CARE?

### EARLY DETECTION

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

**PREVENTION**

### KEEP YOUR HEALTH

Regular chiropractic care can help maintain your progress and avoid a relapse. Your visit schedule will vary based on your age, condition and the stresses in your life. The intention is to help you preserve your progress so far.

**MAINTENANCE**

### FIX THE PROBLEM

With the obvious symptoms reduced, many opt to continue their care. This helps stabilize and strengthen the spine. Rehabilitative care builds on the investment used to get relief and helps make changes that are more lasting.

**CORRECTION**

### TEMPORARY RELIEF

Many people begin here. Their ache, pain or other obvious symptom is often what prompts them to begin chiropractic care. Careful! If you stop care as soon as you feel better, before muscles and soft tissues heal, you can invite a needless relapse.

**RELIEF**