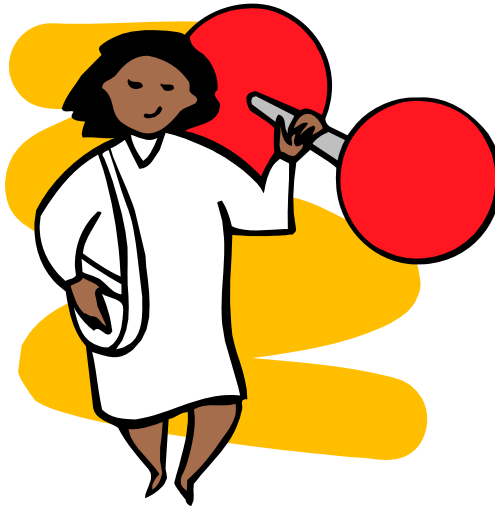


Get Faster Relief and Better Results From Chiropractic Wellness Care!!!



Patient Guidelines for Better and Faster Results



Here are some ways you can help yourself to get faster relief and better results from your chiropractic care:

Keep Your Appointments: the primary way to achieve great results

Get Involved: your health is your personal responsibility



Sleep: [mattress] on a mattress which provides optimal support and comfort

Sleep: [pillow] on a pillow that is curved to support the cervical spine

Rise from sleep by turning on your side and swinging the legs off the bed

Do not sleep in a chair with your head propped at an odd angle



Get adequate rest at night

Sitting: sit in a chair that supports your back in a straight and normal posture

Cross your legs at the ankles and not the knees to avoid aggravating the back



Lifting: lift with the legs and keep the back straight with the load close to your body

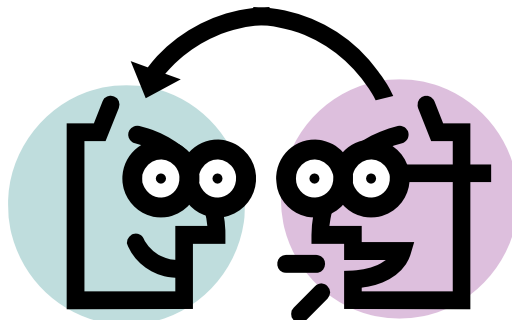


Avoid extreme bending or bending to stoop and pick up something off the floor

Avoid sudden twisting the back or the neck when the spine is loaded and lifting..move the feet first and then follow with the body

Diet: watch your intake of refined carbohydrates, sugars and excessively fatty foods, which all have the potential to cause ill health

Ask Questions: proper spinal hygiene is new for most people. The more your understand the best and faster your recover



Refer Others: share the benefits of your chiropractic experience with others. Explain to them the relationship between good spinal alignment and posture and healthy spinal nerve function.