

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts on Chiropractic Care:®



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Ask The  
**Experts**



on  
Chiropractic  
Care

Dr. April Ruzycski

Your chiropractor is an integral team player in your health care regime – is it time to visit your chiropractor or seek one out?

Perhaps you are tired of addressing your aches, pains and headaches with medications? Annoyed with the injured or irritated nerve that is causing the sharp, shooting pains to run down back of your leg? Maybe you are experiencing burning sensations or stiffness in various parts of your body. Have you had a previous injury to your joints, muscles or spine that still is not healed and continues to irritate after medication and rest? Maybe a visit to the chiropractor will help.

Pain is a vast category, but it is the number one reason people visit a chiropractor! No matter the type of pain you are experiencing it is significant

## Why Visit a Chiropractor?

and it becomes a problem when that pain affects your activities of daily living such as walking, picking up your child or bending over to put on socks.

Maybe you do not fall into the pain category – then why would you need to have a chiropractic adjustment? Because prevention is the key!

1. Do you have a desk job, drive truck or perform physical tasks? Repetitive constant strains and tensions on your body can cause misalignment of the vertebrae in your spine, eventually resulting in pain or discomfort.

2. Have you noticed in pictures or when you look in the mirror that one shoulder is lower than the other...this is an observable sign that indicates misalignment of the vertebrae.

3. Take a look at others – is their head positioned forward compared to their shoulders? If you want to prevent this hunched forward look, visit your chiropractic to ensure that your vertebrae are aligned and ask for exercises to help maintain correct posture.

4. Are you replacing your shoes con-

stantly because one shoe's sole is worn out but the other foot is fine? Uneven shoe wear is a clear sign of imbalance in your body and an indication that you may need a chiropractic adjustment.

5. Do you find that one of the hems of

your pants is worn out and the other isn't? This is a warning light – your spinal alignment may be off, resulting in asymmetry of your body.

Take a look in the mirror, check out your shoes and/or consider what your pain might be preventing you from doing in your life.

Powers & Jans  
Centre  
*welcomes*  
**Dr. Yoon Han**  
to our team of  
**Chiropractic  
Experts®**  
*to schedule an appointment with  
Dr. Han call 403-529-9069*