

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



The Experts® on Chiropractic Care:



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Ask The  
**Experts®**

on Chiropractic Care

**Dr. Wallace Jans**



## YOUR CORE

Most of you have probably heard that in order to have a strong, healthy back you need to have strong core muscles. This is referring to muscles that stabilize the spine. While it is true that having strong core muscles is important, it is only part of having a healthy core.

Your core really consists of the spine, with its muscles and ligaments, and the nervous system. Together they form a functional unit that supports the entire body. Think of this core like the core of the apple. The apple grows out of the core and depends on the core for its growth and function. Like the apple core, your core controls the function of your entire body. A healthy core will result in a healthy body. The body's ability to handle every day demands and stresses is dependant upon the health of this core.

In our office we have the latest technology to map the health of the body's core. It consists of three simple, non invasive scans which when combined give a score of the body's ability to handle the physical, chemical and emotional stresses of life. The first is a spinal thermal scan which detects subtle skin temperature changes associated with the spinal nerves which affect the glands and organs of the body. The second scan measures the amount of energy the muscles along the spine are using to maintain posture and spinal alignment. The third scan is a pulse wave profiler which measures the beat to beat variance of the heart to determine a person's ability to handle lifestyle stresses. Health means a person is stronger than the many stresses they face on an everyday basis.

These scans can give a person, and us as chiropractors, a score of the body's core ability to be healthy. It is an indicator of the reserve or lack of reserve to keep up with daily demands. Although it is important what a person's core score is today, how the score improves with chiropractic care and the adoption of healthy lifestyle habits is of equal importance. The core score is a valuable tool for improving one's health.

Are you wondering what your core score is? What kind of reserve do you have to handle the stresses of life? Our office can give you these answers. Call today for an appointment.



Your Personal Neural Efficiency Index

**61**

#### Patient Information

Patient Name:

Email Address:

Patient ID:

Gender: MALE

Birth Date:

Report Date: 1/13/2014

#### Office Information

Doctor: Dr. Wallace Jans

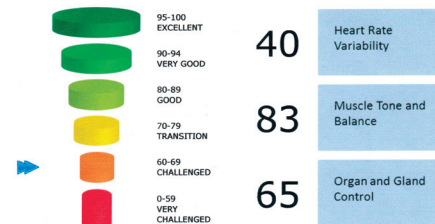
Address: 737 6th St. S.E., Medicine Hat, AB, T1A 1H9

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**Assessment Summary:** On 1/10/2014, underwent a series of physical assessments to determine the state of core neurological and spinal functions. The overall results of these tests are summarized in a single index - the **COREScore™** which quantifies neural efficiency.

#### EXAM SCORE SUMMARY

Below are your scores from each of the three exams performed. The following page details the exam protocols and results.



How is **STRESS** affecting your spine?

Call 403-529-9069 today for a  
**FREE consultation**

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