



The Experts® on Chiropractic Care:



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**SIMPLY EFFECTIVE**

Our office recently upgraded our telephone system. Although the phones still look like phones, the system itself is way more advanced than our old system was. It has capabilities that are incredible. I'm sort of a tech gadget guy. I like my computer and smartphone, but I readily admit that I use neither of these devices to their full capability. Neither will our office likely use our new phone system to its full potential. It is probably true that most people with modern technological marvels only use them to a very limited degree. This applies to computers, tablets, phones, cameras, DVRs, and even TVs. We want devices to simplify things for us, not complicate them. So often as technology advances it can become cumbersome and difficult for the average user. So they choose to use only those basic functions which meet their needs.

When it comes to a person's health, most people want simplicity as well. They want diets that aren't too time consuming and don't contain "weird" foods; exercise programs that don't take a lot of time and are fun; lifestyle changes that don't increase stress. Programs need to be effective but not complicated.

A very wonderful thing about chiropractic is that the basic principle is very simple. The body is a self healing organism and the doctor's job is to facilitate the healing process. The body may be compromised by physical, chemical or emotional stresses that have overwhelmed it. The body has the resources to restore itself in most instances; sometimes there is interference with these healing

elements and the blockages need to be removed for healing to occur. The focus of chiropractic is to remove such interferences, specifically within the nervous system.

There is a time and place for using advanced technologies in health care, but in most circumstances simple procedures are all that are required. Simple procedures tend to be less invasive and have fewer side effects. The body responds best when it is allowed to work as it was designed to. It doesn't always need a lot of help. Should a person not respond satisfactorily to basic procedures more complex approaches can always be undertaken.

When things are both simple and effective it makes our lives better. This applies to the things we use and also to our health. The simplicity of chiropractic is one of the things that makes it so effective for a broad range of people and conditions. It's simply effective. Call today to find out if chiropractic can help you.

**HEADACHES?  
NECK PAIN?  
BACK PAIN?**

**Find out if chiropractic care can help you.**

**Call 529-9069 today for a FREE CONSULTATION**



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