Safe and Natural

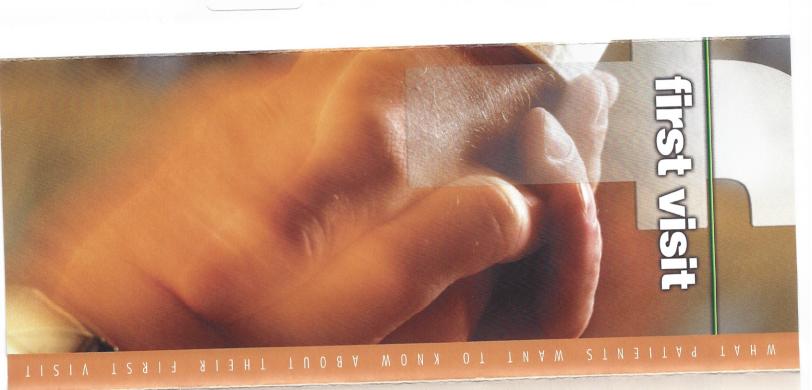
to better health. As you enjoy Chiropractic is a team approach

integrity of their spines and and better health by restoring the Explain how millions enjoy relief results, tell those you love. natural chiropractic care. nervous systems with safe and

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Johnstone Chiropractic



on your first visit.

information so you'll know what to expect We've prepared this

Join millions who have been helped with safe and natural chiropractic care.

receive plenty of that here! So, the first thing we offer is hope. You'll helped a wide variety of people. new ways to get well and stay well. We've

difference that offers different. It is this Chiropractic care is an exciting first step toward better health. By consulting our practice, you're taking



What Can I Expect?

# Chiropractic Without

paperwork describing you, your health history and your health goals. We offer this initial consultation so we can both get to know one another." You'll meet the doctor after filling out some brief

chiropractic care and we think chiropractic tests help us locate we can help, an examination be the cause of your problem. other physical, orthopedic and test your reflexes. These and follows. We'll study the way If you're a good candidate for you turn and bend. We may areas of your spine that could

and will put you at ease. Our examination is thorough

examination to uncover the possible cause(s) of your health problem. We'll conduct a thorough

> Better Health Drugs or Surgery... you a complete report of our We'll study the results and give

findings.

We'll show you what we found and the conclusions we've reached from consulting a different If we find that you'd benefit

make the proper practitioner, we'll

you if any type of diagnostic images will be needed to We'll advise



what we've found and the conclusions we've reached, recommendations and offer you the choices. we'll make our After we explain

and monitor the healing process. be to locate and reduce your vertebral subluxations minutes. The purpose of these frequent visits will fulfill your health goals, future visits will take just chiropractic adjustments. With a plan in place to Otherwise, we'll recommend a program of specific

You join millions who have enjoyed better healthwithout drugs or surgery.

Welcome to Our Practice

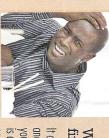


### How long until I feel better?

Will I receive any medication for my pain?

recovers at his or her own pace. sometimes even years, Every patient healing process can take months, instant relief. Others discover that the Some patients experience almost

Factors which can affect the healing process include your age, your overall health condition, muscle tone, diet and even your affitude.



## first adjustment? When will I get my

and how long it may take to study your examination findings. This is a clinical decision and varies from patient to patient. It depends upon your complaint



#### get X-rays? Will I have to

can confirm our other tindings spine, especially after frauma, can be helpful. Pictures of your X-rays and other types of image: them after completing our other precise. We can tell it we need and make your care more

with pain medications

have an analgesic effect without the side effects associated paintal symptoms. Ice, when properly applied, can how to use ice to control any

methods, ask for directions on

we rely on natural

drugs. Becaus don't dispense

No. Chiropractors

