

WHAT DOES PAIN MEAN TO YOU?



The purpose of pain is to protect us. It's a way our body tells us to stop, change or avoid something. It's rarely the entire problem. A thorough examination can help determine its cause and correction. If we can help, we'll tell you. If we can't, we'll refer you to someone who can.



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pain relief



WHAT PATIENTS WANT TO KNOW ABOUT PAIN RELIEF

PAIN IS NOT THE PROBLEM

Pain is serious. And relieving it is big business. Those who suffer from pain spend billions seeking its relief. In fact, pain is often what prompts people to visit our practice.

But pain is rarely the problem!

Naturally, if you're experiencing pain, you want it to go away. And while you can expect our compassion, we're interested in correcting the cause of your pain.



A LIMIT IS BEING REACHED

One purpose of pain is to warn us of a limitation.

For example, if you bend your fingers backwards, your body will alert you when you approach the limit to its range of motion. This warning protects us so we can avoid a more serious injury.

Life without pain may sound good, but pain is essential for our well being.

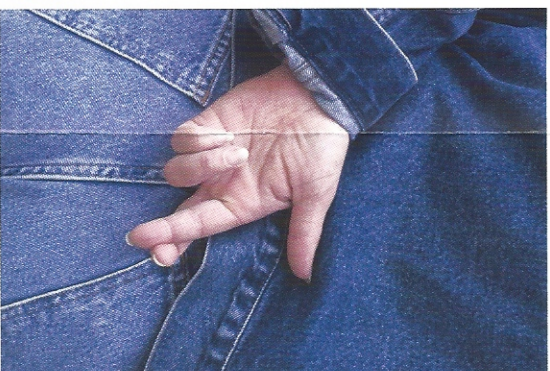


Pain is also a way the wisdom of your body communicates with its owner: you.

It can signal that something needs your attention. Headaches. Spasms. Tingling. Aches and pains alert you that something is amiss and needs correction. First, your body will gently whisper to warn you.

Unheeded, it speaks with greater urgency. If ignored, it may escalate into full-fledged shouting!

When your body talks it's wise to pay attention.



“MAYBE IT WILL GO AWAY . . .”

Because we are selfhealing, problems can resolve on their own.

And that's often true with stomach aches, a cold and other conditions. But pain involving the bones, nerves and muscles along the spinal column is different.

One problem can lead to another.

When joints of your spine malfunction, your body responds by depositing calcium to splint and “mend” the spinal joint. With time, if left uncorrected, the two bones may fuse together, reducing mobility, producing nerve tension and a loss of vitality.

FOOLING YOUR BODY

Pain prompts many to take a pill to reduce it.

But numbing your body with a pain reliever doesn't make the problem go away. It's still there. The drug merely fools your body so you can't feel it.

For a while.

Over time, the dosage must be increased to quiet your body's outcry. Besides possible addiction, it can lead to far more serious problems.

As your body tries to eliminate the medicine it sees as a foreign substance, kidney and liver damage may result. Even stomach bleeding.

Using a drug to fool your body's warning system may be convenient, but dangerous.

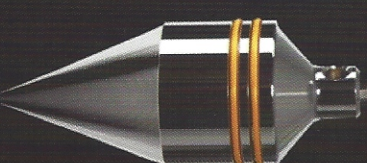


CORRECTING THE CAUSE

Our strategy is to address the underlying spinal problem with safe and natural chiropractic adjustments.

Many see a chiropractor for neck and back pain. But the pain isn't our primary focus. Instead, as spinal joints move better and nervous system function improves, the self-healing capacity of your body is revived. Symptoms subside. Naturally.

Because the focus of chiropractic care is the integrity of your nervous system, many continue their care on a wellness basis. It helps them stay well after they get well.



CHIROPRACTIC

“MAY I HAVE YOUR ATTENTION PLEASE.”

