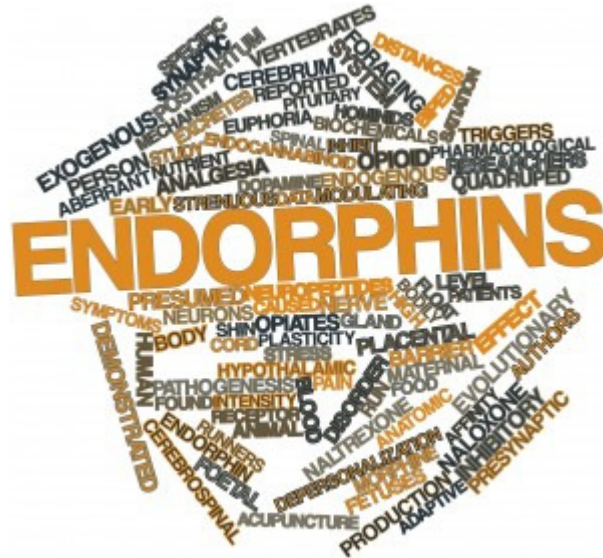


Everything You Need to Know about Chiropractic Care... but were afraid to ask.

Chiropractic Care - Does the Body Good

Chiropractic Care is a comprehensive health discipline centered on the musculoskeletal system and how misalignment affects the body. Manual manipulation of the spine and other joints can instantly provide relief from discomfort and pain in the back, shoulders, neck and hips. Additionally, chiropractic care has been found to help treat other acute and chronic conditions including arthritis, allergies, headaches, depression, and more.



Immediate Pain Abatement and Relief

During a treatment, patients will often experience a sense of euphoria from the release of endorphins caused by the spine coming back into proper alignment. Like prescription medications, and without the harmful side effects, the release of endorphins eases pain and relaxes muscles and soft tissues. When the human body is in alignment, soft tissue receives the fluid and nutrients it requires to survive and thrive. Manual adjustments can also help the body rid itself of accumulated toxins. A body with the ability to efficiently rid itself of waste is healthier and has less risk associated with chronic conditions such as diabetes, cardiovascular disease, cancers and arthritis.



Whole Body Health And Wellness

Education for Chiropractors Focuses on Whole-Body Health

Chiropractic care is a collaborative discipline often employing manual manipulations of the spine with massage, nutritional counseling and lifestyle coaching. Chiropractors

undergo comprehensive training to receive their degree that includes anatomy, biochemistry, microbiology and physiopathology. Additionally, significant training time is spent in diagnostics, therapeutic procedures and hands-on real life clinical practice. This breadth of knowledge fosters a Chiropractor's focus on whole-body health and wellness.



Chiropractics Helps the Body Heal Itself

Both the nervous system and the immune system function better when the spine is in proper alignment. This creates the opportunity for the body to heal itself through regeneration and rest. An immune system that is optimally functioning helps to stave off colds, the flu, infections and other illnesses. The nervous system provides the communication between the spine, the brain and vital organs. When the nervous system is not operating at its finest capacity, vital organs can suffer causing pain, illness and chronic conditions.

Call Rasmussen Chiropractic Center for Wellness for additional information and to set up an appointment today! 770.461.8781

**YOUR BODY'S
ABILITY TO HEAL IS
GREATER THAN
ANYONE HAS
PERMITTED YOU TO
BELIEVE.**