

# Welcome!

Chiropractic is a practice within the philosophy of wellness where it is first understood that **living things are organized intelligently from within**. As long as you are alive, an inborn organizing intelligence uses the nervous system to keep your body functioning as harmoniously as possible.

When we don't properly recover from the stresses and strains of everyday life, tensions tend to accumulate in the physical body. These persistent tensions alter the communication through the nervous system which detracts from harmony within the body.

When you receive a chiropractic adjustment, you are better able to dissipate persistent tension patterns resulting in a body that functions more harmoniously.

Since we experience life through our nervous system, we are **always** better off tuned-up after an adjustment.

If this makes sense to you, choose one of the following:

- I have no special problem. I am aware of the chiropractic culture and understand the role of chiropractic in my general health care and quality of life.
- I have symptoms of a physical problem. I want to see if chiropractic will enable my body to work better and have a greater potential to heal itself. I am also interested in learning about the role of chiropractic in improving and maintaining my family's health.
- I have a symptom and I am only interested in relief from it.