



Chiropractic Newsletter

Discover Chiropractic

What a Year of Chiropractic Care Could Mean for You

Just imagine the possibilities. You are just one decision away from your healthiest year—perhaps ever. In the blink of an eye, you could make a lifestyle choice that would impact your quality of life and the quality of life of those who love you. Imagine what a year of chiropractic care could mean for you.

Life to the Fullest

Lifestyle chiropractic is about keeping your mind, body, spine, and nervous system functioning at their full potential. This means keeping your resistance high, stress levels low, energy balanced, and allowing your brain and body to communicate efficiently. In other words, lifestyle chiropractic care enables you to enjoy your life to the fullest.

If you're in crisis, if you're dealing with an injury, chiropractic is a proven way to get the help you need to heal. But once the crisis is over, chiropractic care should be part of your healthy lifestyle.

The Possibilities

By making the choice to spend the next year in lifestyle chiropractic care, you will experience the many big, and well-documented benefits.

These include:

- Reduced stress



- Improved athletic performance
- Increased brain function
- Improved mood
- Increased energy
- Strengthened immune system
- Enhanced range of motion

If you've been living with certain symptoms, know that chiropractic is an effective drug-free option for alleviating:

- Back and neck pain
- Headaches
- Joint pain
- Digestive problems
- Infertility
- Inflammation
- Commitment

Chiropractic care is also documented to create healthier pregnancies and fewer hospital visits. While this list is nowhere near exhaustive of the

benefits of chiropractic, isn't it enough for you to commit to lifestyle chiropractic care for the next year? Once you do, you'll continue with it—and all the associated benefits—for a lifetime. (Visit the100yearlifestyle.com for more.)

Prevent, Don't Treat

The 100 Year Lifestyle Affiliates provide lifestyle chiropractic care and more. They can offer guidance with many of the areas that make up your 100 Year Lifestyle, including nutrition, exercise, and other healing options to support your new lifestyle choices. At The 100 Year Lifestyle, we live by the words of the late chiropractor Dr. Ernie Landi, "If you prevent it, you don't have to treat it."

Imagine what you can do for yourself with one simple decision. All of this and more is what a year of chiropractic care could mean for you. Don't wait another day.

-Eric Plasker, DC

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