

high point chiropractic wellness

High Point Chiropractic Wellness: Your Path to a Healthier, Happier You

Are you experiencing persistent back pain, nagging headaches, or stiffness that's impacting your daily life? Do you crave a more holistic approach to wellness, one that addresses the root cause of your discomfort rather than just masking the symptoms? If so, you've come to the right place. This comprehensive guide delves into the world of high point chiropractic wellness, exploring its benefits, how it works, and why it might be the perfect solution for you. We'll uncover how chiropractic care can help you achieve optimal health and well-being, addressing your specific needs and goals. Get ready to discover the transformative power of chiropractic care in High Point.

Understanding the Power of Chiropractic Care

Chiropractic care focuses on the intricate relationship between your nervous system and your overall health. Chiropractors are trained to diagnose, treat, and manage neuromusculoskeletal disorders, primarily focusing on the spine. By addressing misalignments (subluxations) in the spine, they aim to restore proper nerve function, which influences virtually every aspect of your body's functioning. This isn't just about back pain relief; it's about optimizing your body's innate healing capabilities.

High Point Chiropractic Wellness: Specific Benefits You Can Expect

Many people in High Point are seeking alternative and effective ways to manage their pain and improve their overall health. High point chiropractic wellness offers a multitude of benefits, including:

Pain Relief: This is often the primary reason people seek chiropractic care. Whether it's back pain, neck pain, headaches, sciatica, or other musculoskeletal issues, chiropractic adjustments can provide significant pain relief by reducing inflammation and restoring proper joint function.

Improved Posture: Poor posture can lead to a cascade of problems, including back pain, neck pain, and even headaches. Chiropractors can identify postural imbalances and recommend exercises and adjustments to improve your posture and reduce strain.

Increased Mobility and Flexibility: Chiropractic adjustments can help improve

range of motion in your joints, leading to increased flexibility and mobility. This can make everyday activities easier and more enjoyable.

Reduced Stress and Anxiety: Studies have shown a correlation between spinal health and stress levels. By addressing spinal misalignments, chiropractic care may help reduce stress and anxiety, promoting a sense of overall well-being.

Enhanced Athletic Performance: Athletes often benefit from chiropractic care to optimize their performance, prevent injuries, and improve recovery time. Chiropractic adjustments can improve joint mobility, flexibility, and reduce muscle tension.

Improved Sleep Quality: Many people report improved sleep quality after undergoing chiropractic treatment. Addressing spinal misalignments can alleviate pain and discomfort, leading to more restful sleep.

Better Digestive Health: The nervous system plays a crucial role in digestion. Chiropractic adjustments, by optimizing nervous system function, can positively impact digestive health.

Finding the Right Chiropractor in High Point

Choosing the right chiropractor is crucial for achieving optimal results. When searching for "high point chiropractic wellness," consider the following factors:

Experience and Credentials: Look for a chiropractor with extensive experience and board certification. Check their qualifications and years of practice.

Patient Reviews and Testimonials: Online reviews can offer valuable insights into a chiropractor's patient care and treatment effectiveness.

Treatment Approach: Some chiropractors may focus solely on spinal adjustments, while others incorporate other modalities like massage therapy, physiotherapy, or nutritional counseling. Choose a chiropractor whose approach aligns with your needs and preferences.

Communication and Rapport: A good chiropractor should be able to clearly explain their treatment plan, answer your questions, and establish a comfortable and trusting relationship.

Insurance Coverage: Check if your insurance provider covers chiropractic care before scheduling your first appointment.

High Point Chiropractic Wellness: A Holistic Approach

High point chiropractic wellness isn't just about treating symptoms; it's

about adopting a proactive approach to health and well-being. It emphasizes the body's inherent ability to heal and focuses on restoring proper biomechanics to allow your body to function optimally. By addressing the underlying causes of pain and dysfunction, chiropractic care empowers you to take control of your health and live a more fulfilling life.

Conclusion

Incorporating high point chiropractic wellness into your life can be a game-changer. It offers a natural, non-invasive path towards improved health, increased mobility, and reduced pain. By finding a qualified and compassionate chiropractor in High Point, you can embark on a journey toward optimal wellness and a significantly improved quality of life. Remember to research, ask questions, and find a practitioner who fits your specific needs and preferences. Your journey to a healthier, happier you begins with a single step.

FAQs

Q1: Is chiropractic care safe?

A1: Yes, chiropractic care is generally safe when performed by a qualified and licensed professional. However, as with any healthcare treatment, there are potential risks, which are usually minimal. A qualified chiropractor will conduct a thorough examination and discuss any potential risks before starting treatment.

Q2: How many chiropractic visits will I need?

A2: The number of visits required varies greatly depending on the individual's condition, the severity of the problem, and their response to treatment. Some people may experience significant relief after a few visits, while others may need a more extended course of treatment. Your chiropractor will develop a personalized treatment plan based on your specific needs.

Q3: Does chiropractic care work for everyone?

A3: While chiropractic care is effective for a wide range of conditions, it doesn't work for everyone. Certain conditions may not be suitable for chiropractic treatment, and your chiropractor will assess your condition to determine if it's an appropriate treatment option.

Q4: Does chiropractic care involve medication or surgery?

A4: No, chiropractic care is a non-invasive treatment modality that does not

involve medication or surgery. It primarily relies on manual adjustments, therapeutic exercises, and lifestyle modifications to improve health and well-being.

Q5: How much does chiropractic care cost?

A5: The cost of chiropractic care varies depending on the chiropractor, location, and the type of services provided. It's best to contact your chosen chiropractor directly to inquire about their fees and payment options. Many insurance plans cover at least some aspects of chiropractic care.

high point chiropractic wellness: *Chiropractic, Health Promotion, and Wellness* Meridel I. Gatterman, 2007 Chiropractors have traditionally counseled patients on health promotion and wellness. Chiropractic, Health Promotion, and Wellness offers patients a better understanding of the chiropractor's important role, with practical questions and authoritative answers across a range of topics, including nutrition, exercise, and health behaviors. The doctor of chiropractic as a wellness provider promotes not just spinal health but a comprehensive model of health and wellness. A must-have resource for anyone contemplating chiropractic care or already undergoing treatment!

high point chiropractic wellness: *Living the Chiropractic Way - The Complete Lifetime Wellness Guide* Brad Burke, 2005-12

high point chiropractic wellness: *The Praeger Handbook of Chiropractic Health Care* Cheryl Hawk, 2017-03-20 What does scientific research show about the effectiveness of chiropractic care? How are chiropractors trained and what do they do? When should one turn to chiropractic care, and how does one select a practitioner? This book answers all of these questions and more. Chiropractic is the most frequently used complementary and alternative medicine (CAM) practice in the United States, with nearly \$4 billion spent out-of-pocket annually by chiropractic patients. In fact, as evidence for its effectiveness for common conditions such as back pain continues to mount and acceptance grows in a variety of health care settings, chiropractic could be considered more mainstream than many other forms of CAM. In this information-packed single-volume work, an expert team led by Cheryl Hawk—a well-known chiropractic researcher—explains chiropractic licensure, practice, and effectiveness to general readers researching chiropractic care options and to undergraduate students choosing a major or specialty. Readers will see the range of scientific evidence supporting the use of chiropractic health care for many common conditions, learn about the typical chiropractic clinical encounter and chiropractic procedures, and understand the criteria by which patients and other health professionals can use to select a chiropractic physician. This book also provides health care practitioners in other fields with current information that enables a greater understanding of the training and the roles of chiropractors in health care.

high point chiropractic wellness: *Madison Magazine*, 1998

high point chiropractic wellness: *The Wellness Approach* Jonathan B. Spages, 2011-04-01 "A fascinating overview of how the body works and how chiropractic can help achieve wellness naturally" (Terry A. Rondberg, DC, president, The Chiropractic Journal). The Wellness Approach: *uncover the common myths of medication and your health *defines once and for all true health and how to attain it *reveals the main reason sick people continue to get sick *teaches parents how to ensure that their children grow up healthy and strong *explains the secrets doctors don't tell you about

high point chiropractic wellness: *The Everything Blogging Book* Aliza Risdahl, 2006-07-13 If you have access to a computer, you can start your own online journal, or blog--if you know how to do it right. With your own blog, you'll have a voice in the exciting world of the Internet. This one-stop resource shows you how to publish your ideas, get feedback, and create your own worldwide

network! With this book you'll learn how to: Create buzz marketing for your business. Get amateur poetry, short stories, and prose published. Create a worldwide network of people. Share unique hobby ideas with thousands of other hobbyists. This easy-to-use guide will help you to create and maintain a creative and unique blog that readers the world over can enjoy. With *The Everything Blogging Book*, you'll learn how to make your mark on the World Wide Web—and beyond!

high point chiropractic wellness: *Extreme Wellness* Sholom Gootzeit, 2022-02-14 Sholom Gootzeit is a doctor of osteopathic medicine serving patients in the Greater Phoenix, Arizona, area. His seventy-year life journey has taken him from his birthplace in the Bronx across many different adventures and life experiences, ranging from working for years as a lifeguard on Long Island, to trying his hand at music and stand-up comedy, to years of working with his dad with children with severe developmental disabilities, and ultimately, to serving as a physician specializing in regenerative medicine and helping patients overcome what are, in some cases, lifelong injuries and physical trauma. Along the way, Dr. Gootzeit has taken those life experiences, missteps, and assorted experiences and developed his own worldview on health, fitness, medical fallacies, and the underlying causes of pain and its relief. *Extreme Wellness* is his attempt to distill those learnings and experiences in a small, easy-to-read, and easy-to-understand volume to help readers find their own best paths to a life without pain. Along the way, readers will encounter many adventures in lifeguarding, accompany the writer through the trials and tribulations of trying to master performing arts, learn along with him from some of the leaders in the ever-advancing art and science of regenerative medicine, and even take a look behind the curtain at some of the ills affecting health care, politics, and culture in today's United States. Through far-flung and wide-ranging anecdotes, combined with extensive medical knowledge and years of firsthand experience, Dr. Gootzeit shows the reader how to approach treating both the physical ailments that come from daily life and also the value of finding their own paths and applying their own learning and experiences in creating a life imbued with extreme wellness.

high point chiropractic wellness: *Technic and Practice of Chiropractic* Joy Maxwell Loban, 2021-05-19 This is a medical study, focusing on the human spine and neurology. This book believes that the vertebral body palpation part should be step by step, and each step of learning and practice should be combined. Similarly, with regard to neural tracking, theory precedes practice. Research on adjustment techniques should be carried out within a few months before the actual adjustment practice begins and continue during this period.

high point chiropractic wellness: *Your Thyroid Solution* Roosevelt Smith, Clifton E. Mays, 2017-05-04 Are you suffering from thyroid issues? If you are like most people, you may not usually spend much time thinking about your thyroid. Among the long list of health concerns you may have for yourself or your loved ones, the thyroid is not one of the first health concerns that you may have. In fact, it's probably safe to say that the thyroid is largely overlooked in the standard discussions of public health, and that it is something of a mystery. But surprisingly, thyroid problems affect millions of people each day, and there are potentially serious side effects to consider when a thyroid problem is encountered. As you will learn in this book, there is a thyroid solution!

high point chiropractic wellness: *The Earth Diet* Liana Werner-Gray, 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help

you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

high point chiropractic wellness: Chiropractic Medicine Robert Hartmann McNamara, 2018-11-27 From its very beginning, chiropractic medicine has faced challenges about the scientific validity of the treatment and the credibility of its practitioners. Since those early years, many of these criticisms have remained, but legislation, licensure, and litigation have created an environment where chiropractic care is allowed in all 50 states, and licenses are required of all chiropractors who wish to practice medicine. The implementation of the Affordable Care Act has changed the way insurance companies provide reimbursement for services by medical providers. With a greater emphasis on administratively documenting how and in what ways a particular form of treatment actually improves a patient's health, coupled with a greater level of restriction on the types of services medical providers can offer without justification and authorization, many medical providers, including chiropractors, have had to re-examine the services they provide and how they operate. This study attempts to explore the life of chiropractors in light of all the historical and current changes taking place within the medical profession. It also seeks to understand the external and internal threats posed to chiropractors, with an eye towards understanding how and in what ways the future of medicine will impact the chiropractic profession. Despite the projected growth of job opportunities for chiropractors between 2014 and 2024, which, according to the U.S. Department of Labor is occurring at a much faster than average trajectory than other professions (U.S. Department of Labor Statistics, 2015), given the costs involved in completing chiropractic training (which can exceed \$200,000) coupled with the low salary (recent data from the U.S. Department of Labor Statistics shows that the median salary for a chiropractor is \$64,440 per year), along with the challenges of sustaining an individual practice (most chiropractors are self-employed in solo practice), these obstacles are formidable ones. This is particularly true in light of the recent development of large chiropractic chains such as the Joint, that offer spinal and neck adjustments at a fraction of the cost of a traditional provider. This ethnographic study consisted of systematic observation and interviews of 40 chiropractors in South Carolina from Fall 2016 to Fall 2017. Additionally, interviews were conducted with staff members, patients, and other medical providers, such as physicians, physical therapists, massage therapists, and representatives from the insurance industry about their understanding and experiences with chiropractic medicine. Phone interviews were also conducted with seven deans and provosts at chiropractic colleges around the country. In total, over 100 interviews and informal conversations occurred during the course of the project. All identifiers of participants and chiropractic colleges in the study were removed to ensure anonymity. Instead, pseudonyms were created that were known only by the author of the study. Additionally, data from the South Carolina Department of Labor, Licensing and Regulation was obtained to document changes in the number of chiropractors who are no longer in practice in the state between 2016 and 2017.

high point chiropractic wellness: Yoga Journal , 1999 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

high point chiropractic wellness: Health and Wellness Dr. M. Ted Morter, 2004 Imagine going through your day without feeling sick or tired. Through this new edition of the bestseller, you will learn to control how you feel both physically and emotionally. Inside the pages of this revolutionary guide you will discover nutrition guidelines and wellness principles that will help ensure good health and transform the way you feel. The book offers you a comprehensive overview of the related subjects including:- *How the food you ate in the past determines how healthy you will

be in future. *Age is no excuse for disease, aches or pains. *How to evaluate your health before symptoms of disease appear. *Too much protein is hazardous to your health. *Healing is automatic if you give your body a chance.

high point chiropractic wellness: The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

high point chiropractic wellness: The Medicare Handbook , 1988

high point chiropractic wellness: Assembly West Point Association of Graduates (Organization)., 2009

high point chiropractic wellness: Wellness Counseling Jonathan H. Ohrt, Philip B. Clarke, Abigail H. Conley, 2018-12-28 This innovative text presents a comprehensive review of the theoretical and empirical support for a wellness approach to counseling with current techniques for client assessment, case conceptualization, treatment planning, and intervention. The authors provide holistic strategies for wellness promotion with children, adolescents, and young, midlife, and older adults, as well as in counseling with groups, couples, and families. Each chapter includes reflection questions, learning activities, and resources to deepen readers' understanding of the content and application to practice. Wellness boosters offer quick methods for clients and counselors to increase their domain-specific and overall well-being. In addition, experienced counselors share their personal experiences implementing wellness interventions in Practitioner Spotlight vignettes. A chapter on counselor self-care completes the book. Requests for digital versions from ACA can be found on www.wiley.com. To purchase print copies, please visit the ACA website. Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

high point chiropractic wellness: A Text Book, Modernized Chiropractic ... Oakley Garfield Smith, Solon Massey Langworthy, Minora C. Paxson, 1906

high point chiropractic wellness: Retooling for an Aging America Institute of Medicine, Board on Health Care Services, Committee on the Future Health Care Workforce for Older Americans, 2008-08-27 As the first of the nation's 78 million baby boomers begin reaching age 65 in 2011, they will face a health care workforce that is too small and woefully unprepared to meet their specific health needs. Retooling for an Aging America calls for bold initiatives starting immediately to train all health care providers in the basics of geriatric care and to prepare family members and other informal caregivers, who currently receive little or no training in how to tend to their aging loved ones. The book also recommends that Medicare, Medicaid, and other health plans pay higher rates to boost recruitment and retention of geriatric specialists and care aides. Educators and health professional groups can use Retooling for an Aging America to institute or increase formal education

and training in geriatrics. Consumer groups can use the book to advocate for improving the care for older adults. Health care professional and occupational groups can use it to improve the quality of health care jobs.

high point chiropractic wellness: Dynamic Health Insight Publishing, 2003 Interviews with prominent health experts on topics of physical and mental health.

high point chiropractic wellness: Wellness Culture Stephanie Alice Baker, 2022-10-26 Stephanie Alice Baker traces the emergence of wellness culture as a trillion-dollar industry, situating the wellness industry in a historical and cultural context, examining how the internet has altered our relationship to wellness and the popular assumption that the internet has democratised knowledge and culture.

high point chiropractic wellness: Optimal Wellness Ralph Golan, M.D., 1995-09-26 If you fall into the gray zone between health and disease but your physician can't find anything wrong ... if you have an illness for which modern medicine can offer no cure ... if your medical treatments are working, but you still don't feel healthy, then Optimal Wellness is just what the doctor ordered. This empowering self-care guide challenges the crisis/disease orientation of modern medicine -- prescription drugs, expensive surgery, and high-tech intervention -- and points the way to a more comprehensive system of health care that heals the whole person. Learn to identify and understand the Ten Common Denominators of illness that most frequently threaten optimal health. Take the Master Symptom Survey, which reveals the hidden conditions that are eroding your good health. Find a practical framework for identifying dietary hazards and creating your own optimal diet. Learn about recommended dosages for vitamins, minerals, and herbal remedies --New age and age-old approaches to wellness, such as fasting, herbal medicine, and energy medicine. Read the guidelines for choosing and working more effectively with your doctor and other health professionals. And much, much more.

high point chiropractic wellness: Maine Register, State Year-book and Legislative Manual , 1995

high point chiropractic wellness: The Wellness Project Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions—or just seeking healthy life balance—the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives—including eliminating sugar, switching to all-natural beauty products, and getting in touch with her spiritual side—to find out which lifestyle changes truly impacted her health for the better. The Wellness Project is the insightful and hilarious result of that year of exploration—part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

high point chiropractic wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

high point chiropractic wellness: Get Off Your Sugar Dr. Daryl Gioffre, 2021-01-05 In his first book, Dr. Daryl Gioffre taught us how to fight inflammation by getting off unhealthy, highly acidic

foods. Now, he's targeted sugar—because when you break your sugar addiction, you cut out a major contributor to inflammation, brain fog, aging, and chronic disease. You'll go from stress eating to strength eating with Dr. Gioffre's life-changing plan: Phase 1: Weed—7 days to detox your mind, body, and diet Phase 2: Seed—21 days to crush your cravings Phase 3: Feed—A lifetime of satisfying, strengthening eating With tips for customizing the plan, including using clean keto and intermittent fasting to tune up your metabolism, and sixty-five craving-stopping recipes, *Get Off Your Sugar* is your guide to turning your body into a strength-eating, energy-filled, acid-kicking machine.

high point chiropractic wellness: The Activator Method Arlan W. Fuhr, 2008-01-24 From basic scan protocols to advanced assessment procedures, *THE ACTIVATOR METHOD*, 2nd Edition discusses the Activator Method Chiropractic Technique (AMCT) in an easy-to-understand, how-to approach. This updated 2nd edition covers all aspects of the controlled low-force analytical and adjusting system, from the history of the technique to in-depth examinations of body structures. It also features expanded content on supportive subjects from seven new contributors, discussing topics such as activator and instrument adjusting history, instrument reliability in the literature, the neurology of pain and inflammation, temporal mandibular disorders, and leg length reactivity. - UNIQUE! As the only Activator Method textbook in the field, it is known as the standard reference in Activator. - Expert author, Dr. Arlan Fuhr, is a co-founder of the AMCT, bringing his unparalleled expertise to the subject. - Brand new full-color photos detail assessment procedures, specific anatomical contact points, and lines of drive to clearly show procedures for easier learning. - Clinical Observations boxes share the author's knowledge from years of experience and provide tips on analysis of certain conditions and suggestions for atypical cases. - Summary tables in each clinical chapter allow you to quickly access pertinent information. - Step-by-step instruction throughout the Instrumentation section helps you understand the principles of the technique. - Appendix: Activator Quick Notes for Basic and Advanced Protocol provides at-a-glance reviews of important points and things to remember when performing basic and advanced protocols. - A new chapter on leg length analysis procedures offers comprehensive coverage of this critical step in using the Activator Method. - Seven new contributors bring fresh insight to AMCT.

high point chiropractic wellness: A Teacher's Guide to the Go-Giver Randy Stelter, Bob Burg, John David Mann, 2015-12-15 *The Go-Giver* tells the story of an ambitious young man named Joe who yearns for success but is frustrated in his efforts. Over the course of one week, through encounters with an enigmatic consultant named Pindar and a series of Pindar's friends, Joe learns that changing his focus from getting to giving--putting others' interests first and continually adding value to their lives--ultimately leads to unexpected returns. Imparted with wit and grace, *The Go-Giver* is a classic bestseller that brings to life the old proverb Give and you shall receive. Originally intended for adult readers, *The Go-Giver* touched a chord in readers from all walks of life--including avid young readers, from middle school through college age. Shortly after its 2007 publication the book was picked up by Randy Stelter, a high school English teacher and athletic director in the northwest Indiana school system. Randy used the book to help enhance his students' perspective on what it's going to take to be successful in the real world, and has taken his school's senior class through the book every year since. Soon other educators began following suit, adopting the book as part of their curricula at every level from high school through graduate school. Now Randy has teamed up with *Go-Giver* authors Bob Burg and John David Mann to create this *Teacher's Guide*, a detailed lesson plan that includes vocabulary lists, assigned readings, questions for comprehension, extensive topics for class discussion, questions for critical thinking, and a set of final projects designed to deepen students' understanding of the book and to ground its lessons in their own everyday experience. While designed as a high school curriculum, the *Guide's* content and approach can also be adapted for use in higher-education settings.

high point chiropractic wellness: The Chiropractic Theories Robert A. Leach, 2004 Designed to be a primary reference for chiropractic students, this is a concise, scientific survey of chiropractic theories based on current research. Completely restructured for the Fourth Edition, this book focuses on the most current biomedical research on the three phase model of vertebral subluxation

complex (V.S.C.). This is a useful reference for students studying for the National Board of Chiropractors Examination Parts II, III, and IV, as well as a post-graduate reference providing information on the chiropractic perspective on health and wellness, nutrition, exercise, psychosocial issues, and case management principles for wellness care. This new text focuses on developing critical thinking among chiropractic students, and includes new contributors and new chapters on principles of statistics and a minimum process for validation of chiropractic theory.

high point chiropractic wellness: *Chiropractic Pediatrics* Neil J. Davies, Joan Fallon, 2010-05-28 This evidence-based text relates clinical chiropractic management to pediatrics, with coverage of the key aspects of syndromes most commonly seen by chiropractors working with children. It outlines the essential history-taking, physical assessment, diagnosis and management for each syndrome, while addressing relevant pathology of pediatric conditions. An essential reference source for both chiropractic clinicians and students. Chapters have been radically restructured for the new edition - in line with current research and the models of teaching now being used. •New co-Editor (Dr Joan Fallon) who is US-based and President of International Chiropractic Pediatrics Association. She is a very high profile author and lecturer in paediatrics in America. •Foreword by Dana Lawrence - Professor at Palmer Chiropractic University, US and Editor-in-Chief of Journal of Manipulative and Physiological Therapeutics •Major structural change to accommodate new research-based information, particularly in fields of neurological assessment and treatment protocols •Restructured chapters in keeping with current models of teaching •New chapters on clinical nutrition and chiropractic care of the pregnant woman •DVD of techniques •Colour plate section •Five new contributors, including Dr Kim Tuohey (international expert on cranial chiropractic)

high point chiropractic wellness: Complementary and Alternative Medicine in the United States Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

high point chiropractic wellness: Maine Register; Or, State Year-book and Legislative Manual, 1992

high point chiropractic wellness: *Biomechanics of Musculoskeletal Injury* William Charles Whiting, Ronald F. Zernicke, 2008 This edition presents the basic mechanics of injury, function of the musculoskeletal system and the effects of injury on connective tissue which often tends to be involved in the injury process.

high point chiropractic wellness: Healing Myths, Healing Magic Donald M. Epstein, 2010-07-22 Healing Myths, Healing Magic examines the deeply ingrained stories, or myths, we

commonly hold about how our bodies heal & myths that can actually inhibit healing. In this breakthrough book, Epstein divides the healing myths into four categories: social, biomedical, religious, and new age. He exposes each myth individually, then suggests an alternative, or Healing Magic, to help us reclaim our body's natural ability to heal.

high point chiropractic wellness: Why Can't I Lose Weight? Lorrie Medford, 1999

high point chiropractic wellness: *Muscle Medicine* Rob DeStefano, Joseph Hooper, 2009-09-15 A leading orthopedic surgeon and a top sports chiropractor team up to offer a groundbreaking new approach to remaining injury-free and recovering from injury faster. Muscle injuries are not just for sports superstars anymore. Back, shoulder, hip, and knee problems bedevil more and more people than ever before. Muscle Medicine provides a way to prevent such injuries from happening and to treat them when they do without drugs or surgery. The product of a collaborative effort between two widely recognized authorities on sports injuries, Muscle Medicine relies on cutting-edge medical and therapeutic expertise to deliver what many doctors cannot: explanations of how to maintain good muscle health, how to treat common muscle injuries, such as "Tennis Elbow" and "Cell Phone Neck," and how to determine when joint surgery is and is not necessary for some common orthopedic problems. By focusing on the health of our muscles, we can prevent many sports injuries from occurring and recover faster from the ones that do, say the coauthors, whose A-list clients have included John McEnroe and Elisabeth Hasselbeck. Featuring more than 100 illustrations that show the basics of muscle mechanics, along with various stretching, strengthening, and self-treatment exercises, Muscle Medicine will help readers enjoy pain-free, active lives no matter what their age or activity level.

high point chiropractic wellness: Disease Control Priorities in Developing Countries

Dean T. Jamison, Joel G. Breman, Anthony R. Measham, George Alleyne, Mariam Claeson, David B. Evans, Prabhat Jha, Anne Mills, Philip Musgrove, 2006-04-02 Based on careful analysis of burden of disease and the costs of interventions, this second edition of 'Disease Control Priorities in Developing Countries, 2nd edition' highlights achievable priorities; measures progress toward providing efficient, equitable care; promotes cost-effective interventions to targeted populations; and encourages integrated efforts to optimize health. Nearly 500 experts - scientists, epidemiologists, health economists, academicians, and public health practitioners - from around the world contributed to the data sources and methodologies, and identified challenges and priorities, resulting in this integrated, comprehensive reference volume on the state of health in developing countries.

high point chiropractic wellness: The Heritage Registry of Who's who, 2006

high point chiropractic wellness: The Geek Manifesto Mark Henderson, 2012-05-10

Whether we want to improve education or cut crime, to enhance public health or to generate clean energy, we need the experimental methods of science - the best tool humanity has yet developed for working out what works. Yet from the way we're governed to the news we're fed by the media we're let down by a lack of understanding and respect for its insights and evidence. In The Geek Manifesto Mark Henderson explains why and how we need to entrench scientific thinking more deeply into every aspect of our society. A new movement is gathering. Let's turn it into a force our leaders cannot ignore. This edition includes an appendix: 'A Geek Manifesto for America' by David Dobbs.

high point chiropractic wellness: The Remarkable Practice Stephen Franson, 2019-10-09

Too many doctors spend their careers dedicated to building a busy practice at the expense of their own health, happiness, marriage, or children. What they don't realize is that they've built a job instead of a business, and now, that job owns them. This book is the blueprint for chiropractors who want to create a Remarkable Practice as part of a Remarkable Life--not instead of one. It's for the chiropractor who wants to make a bigger impact (and a bigger income) through leverage, not brute force. Inside you'll discover the proven Remarkable Systems for the core four functions of the chiropractic business: Attraction (marketing), Conversion (sales), Retention (service), and Team Building. If you're ready to turn your practice into a business and transform yourself from Owner Operator to CEO, this book is for you.

Additional Resources

high point chiropractic wellness

[High Point Chiropractic Wellness](#)

High Point Chiropractic Wellness

Related Articles

- [healthy steps wellness limeade](#)
- [how to become a certified wellness coach](#)
- [here now mental wellness](#)

[Back to Home](#)