

i know my chiro chiropractic wellness

I Know My Chiro: Your Guide to Chiropractic Wellness

Are you tired of living with nagging aches and pains? Do you crave a holistic approach to wellness that goes beyond just popping pills? Then you're in the right place! This comprehensive guide, "I Know My Chiro: Your Guide to Chiropractic Wellness," dives deep into the world of chiropractic care, empowering you to take control of your health and well-being. We'll explore what chiropractic care is, its benefits, how to find the right chiropractor, and how to maximize your results. Get ready to unlock a healthier, happier you!

Understanding Chiropractic Care: More Than Just Back Pain

The term "I Know My Chiro" implies a level of trust and understanding with your chiropractor. But what exactly is chiropractic care? It's a holistic healthcare approach focused on the diagnosis, treatment, and prevention of musculoskeletal disorders. Chiropractors primarily use manual adjustments to the spine and other joints to restore proper biomechanics. However, it's crucial to understand that it's not just about fixing back pain.

While back pain is a common reason people seek chiropractic care, its benefits extend far beyond that. Chiropractors assess the entire body's alignment and its impact on the nervous system. A misalignment, or subluxation, can interfere with nerve signals, impacting various bodily functions. This can lead to a range of problems, from headaches and neck pain to digestive issues and even reduced athletic performance.

The Benefits of Chiropractic Wellness: Beyond Pain Relief

The benefits of regular chiropractic care extend beyond immediate pain relief. Consider these key advantages:

Improved Posture: Chiropractic adjustments can help correct postural imbalances, reducing strain on your muscles and joints. This leads to improved comfort and can prevent future problems.

Reduced Headaches: Many headaches stem from neck misalignments. Chiropractic care can address these issues, offering a drug-free solution for headache relief.

Enhanced Athletic Performance: Chiropractors work with athletes to optimize

musculoskeletal function, leading to improved flexibility, strength, and performance.

Increased Range of Motion: By addressing joint restrictions, chiropractic care can improve your flexibility and overall mobility.

Better Sleep: Improved alignment and reduced pain can contribute to better sleep quality.

Stress Reduction: Many people find that chiropractic care helps reduce stress and anxiety.

Improved Digestive Health: The nervous system plays a crucial role in digestion. Correcting spinal misalignments can positively impact your gut health.

Finding the Right Chiropractor for You: Your Personalized Wellness Journey

Choosing the right chiropractor is crucial for a successful outcome. Don't just settle for the closest one; take the time to find someone who aligns with your needs and values. Here's how:

Check Credentials and Certifications: Ensure your prospective chiropractor is licensed and board-certified.

Read Reviews: Online reviews provide valuable insight into other patients' experiences. Look for consistent positive feedback.

Schedule a Consultation: A consultation allows you to discuss your concerns, ask questions, and get a feel for the chiropractor's approach.

Ask About Treatment Plans: A reputable chiropractor will explain their treatment plan in detail, including the expected timeline and potential costs.

Consider Communication and Comfort: It's essential to feel comfortable and understood by your chiropractor. Effective communication is key to a successful patient-doctor relationship.

Maximizing Your Results: Commitment and Lifestyle Choices

While chiropractic care plays a crucial role, it's just one piece of the wellness puzzle. To maximize your results, consider these factors:

Regular Adjustments: Consistency is key. Regular adjustments help maintain proper alignment and prevent future problems.

Home Exercises: Your chiropractor might recommend specific exercises to strengthen muscles and improve flexibility. Following these instructions diligently is essential.

Ergonomic Improvements: Assess your workspace and make necessary adjustments to support proper posture.

Healthy Diet and Exercise: A balanced diet and regular exercise support overall health and well-being, complementing your chiropractic care.

Stress Management: Chronic stress can negatively impact your health.

Incorporate stress-reducing techniques like meditation or yoga.

Conclusion: Embrace Chiropractic Wellness

Embracing "I Know My Chiro" is about taking an active role in your health. By understanding the benefits of chiropractic care, finding the right practitioner, and making supportive lifestyle choices, you can unlock a path to improved wellness and a higher quality of life. Don't let pain and discomfort control your life—take charge of your health today!

FAQs:

1. Is chiropractic care safe? When performed by a licensed and qualified chiropractor, chiropractic care is generally safe. However, like any medical procedure, there are potential risks, which your chiropractor should discuss with you.
1. Does insurance cover chiropractic care? Many insurance plans cover at least a portion of chiropractic care. However, coverage varies depending on your specific plan. It's essential to check with your insurance provider to understand your benefits.
1. How long does it take to see results from chiropractic care? The timeline for seeing results varies depending on the individual and the nature of the condition. Some individuals experience immediate relief, while others may need several sessions to see significant improvement.
1. Can chiropractic care help with conditions other than back pain? Yes, chiropractic care can benefit a wide range of conditions, including headaches, neck pain, sciatica, carpal tunnel syndrome, and more.
1. What should I expect during my first chiropractic appointment? Your first appointment will likely involve a thorough examination, including a review of your medical history, a physical assessment, and possibly imaging tests (X-rays). Your chiropractor will then discuss their findings and recommend a treatment plan.

i know my chiro chiropractic wellness: A Text Book, Modernized Chiropractic ... Oakley Garfield Smith, Solon Massey Langworthy, Minora C. Paxson, 1906

i know my chiro 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.

i know my chiro chiropractic wellness: The New Wellness Revolution Paul Zane Pilzer, 2010-02-18 Read the Preface, Introduction, and Chapter 1 at thewellnessrevolution.paulzanepilzer.com. Five years ago, Paul Zane Pilzer outlined the future of an industry he called "wellness" and showed readers how they could get in on the profitable bottom floor. The New Wellness Revolution, Second Edition includes more guidance and business advice for entrepreneurs, product distributors, physicians, and other wellness professionals. It's an industry that will only grow, so get in while you can.

i know my chiro chiropractic wellness: Living the Chiropractic Way - The Complete Lifetime Wellness Guide Brad Burke, 2005-12

i know my chiro chiropractic wellness: Dynamic Health Insight Publishing, 2003 Interviews with prominent health experts on topics of physical and mental health.

i know my chiro chiropractic wellness: Neuronal Plasticity: Building a Bridge from the Laboratory to the Clinic Jordan Grafman, 2012-12-06 Over the last twenty years there has been an explosive growth in our understanding of the molecular, cellular, and anatomical changes that occur in the days and weeks following brain injury. It is now clear that training and exposure to certain environments can modify and shape neuronal plasticity in lower animals and humans. In humans, in particular, there are new ways of charting neuronal plasticity at the ensemble or regional level using functional neuroimaging techniques such as positron emission tomography and functional magnetic resonance imaging. Thus, the time seems right for transporting the laboratory results to the clinic so that experimental findings can be tested in the field. This volume provides some impetus to moving the field of cognitive neuroscience a little further in its efforts to improve the lives of patients who have suffered a debilitating brain injury.

i know my chiro chiropractic wellness: Your Stand Is Your Brand Patrick Gentempo, 2022-03-15 A go-to guide for entrepreneurs to succeed by taking a clear stand and aligning their business with their values. What do I need to do? It's almost always the wrong question that an entrepreneur or a business leader asks when creativity seems to have been lost. When you're stuck and the journals and books you've been reading and going to the masterminds and conventions and seminars you've been attending haven't led to any breakthroughs. When your notepads full of proven best practices should have brought you to the next level but haven't. In this paradigm-shifting work, serial entrepreneur Patrick Gentempo explains why the primary question you need to ask as a business leader is Who should we be? While it makes sense and may sound pretty easy, it's actually one of the hardest questions an entrepreneur can ask no matter the scale of business they are

running. In *Your Stand Is Your Brand*, you'll learn about: Maximum Tension, the greatest barrier to entrepreneurial growth The 5-P Expansion Sequence, a tried-and-true model tracking the steps from Philosophy to Prosperity Digging into the soul of your business so it can find its transformative process for serious breakthroughs How to face the fire and embrace creative destruction. And much more This is not your typical business success book, it is a source of inspiration that will keep you reading and winning in transformative ways that aren't available to you right now. So, let's begin the process to revolutionize your business and your life.

i know my chiro 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.

i know my chiro chiropractic wellness: Pediatric Chiropractic Claudia A. Anrig, Gregory Plaugher, 2022-02-12 The long-awaited third edition of *Pediatric Chiropractic* takes the valuable second edition to a whole new level, offering new chapters, full-color photos, illustrations, and tables to provide the family wellness chiropractor and the student of chiropractic a valuable reference manual covering all aspects of care for the pediatric and prenatal populations. Internationally recognized authorities Claudia Anrig, DC and Gregory Plaugher, DC have invited the leaders in their fields to contribute to this precedent-setting textbook and now offer even more valuable information for the practitioner.

i know my chiro chiropractic wellness: Breastfeeding Uncovered Amy Brown, 2021-05 *Breastfeeding Uncovered* reveals the complex barriers that society places in the way of breastfeeding, and shows how we can increase breastfeeding rates if we support, encourage and enable new mothers.

i know my chiro 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.

i know my chiro chiropractic wellness: Quantum Paleo D. C. Willen, 2012 *Quantum Paleo*: Your personal leap! *Quantum Paleo* is not... a diet book, although if you follow the 21-day plan you will lose 6-18 pounds in the first three weeks. *Quantum Paleo* is not... long or complicated. This is concise by design. Most diet books are not read cover to cover. Readers typically search for what they need to know. I cut the fat. Simple works. Period. *Quantum Paleo* is not... a nutritional science research paper. *Quantum Paleo* is a result-oriented personal journey to make lasting changes in your health, mindset and waistline. *Quantum Paleo* is... about having a major breakthrough in the way you eat, live and take care of your body. *Quantum Paleo* is ... about putting the pieces in place to achieve your health and fitness dreams no matter how many times you failed at reclaiming your health and ideal body weight in the past. *Quantum Paleo* is... a proven path used by Dr. Doug in his NYC practice for the past 14 years. Men, women, elite athletes and dancers in Broadway shows, as well as people that have never had success with their health and bodies in their entire lives will surpass their expectations with *Quantum Paleo*! *Quantum Paleo* is... mostly about you! It challenges

you to discover what you are fighting for and use that discovery to achieve your dreams! I decided to write a book that would cover the information gleaned from 100's of consultations with my patients. This is a 'what you need to know book'. The moment you take action on this information your life will start changing fast. It takes an open mind and a quantum leap to get the most out of this material. Are you ready to 'Take the leap to your best body ever?' Dr. Doug

i know my chiro chiropractic wellness: The Paleo Cardiologist Jack Wolfson, 2015-06-02 A drug-free program for cardiac fitness. Do you take drugs for cholesterol or high blood pressure? Are you looking to avoid a heart attack or stroke? The Paleo Cardiologist is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine. The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how. You can trust Dr. Wolfson. For sixteen years he worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractor wife, Dr. Wolfson now runs a very successful holistic cardiology office. Inside The Paleo Cardiologist, you will learn: 1) Paleo Nutrition is the food plan for health 2) The importance of cholesterol to every cell in the body 3) How to avoid pharmaceuticals and skip the dangerous procedures 4) Why stress is bad for your heart and how to relax 5) How to get rid of the chemicals and heavy metals 6) Sleep is critical for heart health and how to get more Z's 7) The Top 20 supplements for heart health 8) The Top 20 blood tests you need Get informed. Get empowered. Read The Paleo Cardiologist, the natural way to heart health.

i know my chiro chiropractic wellness: A Plan That Actually Works Anagh Prasad, 2020-07-13 Written by a former All India Topper, this book has been touted by several iconic IITians as the most effective book on JEE planning ever written! Anagh argues that most IITians are neither born-geniuses nor unusually intense work-machines; they are smart planners instead. He takes you behind-the-scenes to reveal how smart planning works for JEE and lays out a clear framework for goal-oriented thinking. The step by step approach outlined across 11 chapters covers everything from daily routine to efficient practice to long term motivation, all explained through real life examples and presented with time-tested proofs. It talks about achieving one's goals while not missing out on a balanced life and questions people's deepest beliefs about achieving a large and meaningful goal like IIT-JEE. After finishing the book, readers will take away not just a concrete plan to prepare for JEE, but in the words of an early reviewer, a life-altering change in perspective towards success. "Edifying and thought-provoking! Reading this book will help you succeed not only in JEE but also in life. - Chitraang Murdia, AIR-1 in JEE Adv, 2014 "Covers a lot of important topics and explains goal setting well" - Aman Bansal, AIR-1 in JEE Adv, 2016 "Develops a holistic strategy to ace the JEE" - Ananye Agarwal, AIR-3 in JEE Adv, 2017 "Informative and Inspirational! It unravels the inner workings of a topper's mind" - Amey Gupta, AIR-8 in JEE Adv, 2014 "It will enable students to follow tested winning strategies rather than reinvent the wheel" - Kartikeya Gupta, AIR-4 in JEE Adv, 2013 "It iterates on the timeless wisdom of BhagvadGita to excel not only in JEE but any goal in life" - Vishwajeet Agarwal, AIR-5 in JEE Main, 2017. More about the book can be found out at www.thejeeproject.com

i know my chiro chiropractic wellness: The Spark in the Machine Daniel Keown, 2014-03-20 Why can salamanders grow new legs, and young children grow new finger tips, but adult humans can't regenerate? What is the electricity that flows through the human body? Is it the same thing that the Chinese call Qi? If so, what does Chinese medicine know, that western medicine ignores? Dan Keown's highly accessible, witty, and original book shows how western medicine validates the theories of Chinese medicine, and how Chinese medicine explains the mysteries of the body that western medicine largely ignores. He explains the generative force of embryology, how the hearts of two people in love (or in scientific terms 'quantum entanglement') truly beat as one, how a cheating heart is also an ill heart (which is why men are twice as likely to die of a sudden heart attack with their mistress than with their wife), how neural crest cells determine our lifespan, and why Proust's madeleines evoked the memories they did. The book shows how the theories of western and Chinese medicine support each other, and how the integrated theory enlarges our understanding of how bodies work on every level. Full of good stories and surprising details, Dan

Keown's book is essential reading for anyone who has ever wanted to know how the body really works.

i know my chiro chiropractic wellness: The Naked CEO Alex Malley, 2014-09-17 The Naked CEO's guide to achieving your dream, starting now From suspended schoolboy to disruptive CEO, Alex Malley, The Naked CEO, has led a life rich in successes and mistakes. Through it all he has learned a lot about what it takes to successfully build not only a big career, but also a big life. Gain insights from a successful CEO who's lived a big life. Be inspired by his unabashed real-life stories. Learn how to dream big and have the courage to pursue your passions and be willing to fail in that quest. Take the practical tips and apply them to your own career. Whether you're a student, jobseeker, professional, new to the workforce or just stuck in a rut, this book is your guide through the hurdles of the career journey to a big life. As a father of seven, Alex knows that this is the perfect book for parents or mentors looking to inspire the next generation. Career-readiness is a skill that people need. It can be learned the hard way, after years on the job and many potentially serious missteps, or it can be learned ahead of time by listening to those who have been there. The Naked CEO helps graduates, jobseekers, and professionals learn the lessons and limit their mistakes. Learn how to: Become a leader Successfully stand out and get noticed Harness the power of being yourself Network and create a profile Establish rapport with colleagues and turn around an under-performing team Get organised, spot opportunities, and learn how to say no Set priorities, build confidence, learn how to delegate, and more The Naked CEO is the truth you need to build a big life.

i know my chiro chiropractic wellness: Catch Your Star Shontaye Hawkins, Linda Ballesteros, Maggie Schreiber, Nora Cabrera, Jane Inch, Jean Kathryn Carlson, Tobey Allen, Laurie Leinwand, Anne Kjellgren, Lauren Carbis, Yvette Nadeau, Sonia Hassey, Tammy Rose Phye, Erin Summ, Michelle Barr, Jadwiga Pylak, Angeli Fitch, Paula-Jo Husack, Beverly Adamo, Courtney Hawkins, Rebecca Hall Gruyter, 2013-07-15 It's all here—how-to's for identifying your values and belief patterns, changing your mindset, and tapping into your dreams and intuition. You'll learn ways to find your life's purpose and discover your passion. You'll discover motivation for leaving fear and destructive patterns behind, and how to be a leader in your own life.

i know my chiro chiropractic wellness: Healers, Helpers and Guides Bertie Ryan Synowiec, 2002

i know my chiro chiropractic wellness: The Adjustment Drew Rubin, 1998-09

i know my chiro chiropractic wellness: Marketing Chiropractic to Medical Practices Christina L. Acampora, 2008-05-19 The first book of its kind, Marketing Chiropractic to Medical Practices targets chiropractors and leads them through a comprehensive sales model to demonstrate how they can educate the medical profession on how to utilize chiropractic practice for their patients. By implementing a gradual approach from the first office contact to presenting an effective and educational sales call, this text informs the chiropractor how to confidently access their greatest untapped new patient source. Marketing Chiropractic to Medical Practices offers a step-by-step approach to secure medical referrals and develop ongoing professional relationships between the chiropractic and medical worlds. Features: How to provide a pro-chiropractic message based on evidence based research How to access physicians Uncover patient needs and physician objections for chiropractic care Learn the most common physician objections and how to overcome them How to select research that addresses the needs and objections of a physician How to present research to support a MD/DC conversation

i know my chiro chiropractic wellness: Chiropractic Text Book R. W. Stephenson , 2015-12-07 This book is written for use in the class room. It may, however, be studied just as easily by the field practitioner, and is not too technical in most of its parts to be readily grasped by the layman. It has grown, rather than having been written; it is the expansion of the notes which were tested in the class room for six years, and the writer believes that, with the constant arrangement and betterment to suit the requirements of the students of Chiropractic, this has created a real textbook, rendering easily understood a subject that students have always said was difficult.

i know my chiro chiropractic wellness: Ask the Chiropractor ,

i know my chiro 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.

i know my chiro chiropractic wellness: Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition Leslie Stager, 2020-06-30 Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly skilled perinatal massage instructor who is also a registered nurse, childbirth educator, and doula.

i know my chiro chiropractic wellness: The Chiropractor D. D. Palmer, 1994-12 1914 Contents: the Moral & Religious Duty of a Chiropractor; Chiropractic a Science, an Art & Philosophy Thereof; Nerve Vibration; a Brief Review; Inflammation; Vertebral Luxations; Health, Disease, Life and Death; Rachitis or Rickets; Biology;.

i know my chiro chiropractic wellness: Complete Manual Therapy Charles Oliver, 2010 Complete Manual Therapy: Combining Chiropractic and Physical Therapy in One Approach is the first text ever to combine the professions of chiropractic and physical therapy. Written by a chiropractor/physical therapist, the sole purpose of this book is to make the reader a more knowledgeable, more effective clinician. The practicing chiropractor will find this text offers him many techniques his physical therapy colleagues already utilize, including strain-counterstrain, myofascial release and therapeutic exercise. The practicing physical therapist will find this book equally helpful, as it presents the chiropractor's view of musculoskeletal dysfunction along with numerous techniques he/she can implement into practice., Dr. Oliver also includes a new approach to manual therapy with the best of chiropractic, physical therapy, movement therapy and energy-based medicine.

i know my chiro chiropractic wellness: Taking Your Back to the Future W. Michael Gazdar, 1997

i know my chiro chiropractic wellness: *America's Health Crisis* Andrew H. Marrone D.C., 2019-05-03 America's Health Crisis And What It Means to Your Family By: Andrew H. Marrone D.C. Andrew H. Marrone, D.C., "Dr. Andy" addresses the health crisis in America: what the health care community does phenomenally - and what needs serious improvement. Dr. Andy instructs and empowers individuals to take control of their own health and the life-shortening problems with the Standard American Diet (SAD). Crucial topics include cancer, diabetes, heart disease, osteoporosis, and more. Dr. Andy shares his experience and expertise in the field of enzyme nutrition.

i know my chiro chiropractic wellness: One Minute Wellness Ben Lerner, 2006-12-31 No more dependence on cold medicines, prescription pills, and anti-depressants. With One-Minute Wellness, you will revitalize every area of your well-being. And the bonus fiction story uniquely illustrates the authors' strategies at work in ordinary lives-a terrific motivator as you optimize your own life.

i know my chiro chiropractic wellness: Baby Designed by God Amanda Hess, Jeremy Hess, 2013-11-22 Baby Designed by God pulls the blinders off and informs any parent who dares to know the truth about natural, God-given methods of pregnancy, birthing and raising healthy children. Baby Designed by God is a book that will empower and enlighten mothers and fathers from all backgrounds and belief systems that our bodies were wonderfully and magnificently made and have the ability to heal and be whole from the inside-out. Through revealing and dramatic birth stories that are intertwined throughout the book, including both of Dr. Amanda's homebirths, it will increase the reader's knowledge, perspective and faith on the subject of hospital and home birthing options, raising drug-free children and natural pregnancy.

i know my chiro chiropractic wellness: Sandy Berger's Great Age Guide to Online

Health and Wellness Sandy Berger, 2006 Que's Great Age Guides celebrate the vital role and lifestyle of today's young, active 50+ adults. Most well-known middle-aged people of sixty-five or seventy would have you believe that Great Age is so wonderful that all the years leading up to it are a waste of time! People in this great age are transforming retirement's traditional laid-back golden years in pure platinum. Great Ager's break retirement tradition by working well past typical retirement age, not only by need, but also by the desire to remain productive members of society. The Great Age Guide to Online Health and Wellness is written specifically for those adults 50+ living with and using their computers and the Internet to help take better care of themselves. You'll get information on such things as living wills, the pros and cons to buying drugs outside the country, nutrition, supplements and vitamins, drug interactions, evaluating medical Web sites, finding support groups and more.

i know my chiro chiropractic wellness: Everything You Need to Know to Feel Go(o)d Candace B. Pert, 2010-06 Everything You Need to Know to Feel Go(o)d is Candace Pert's response to the questions she's been asked in her worldwide travels ever since the publication of her book *Molecules of Emotion*, and her appearance in the film *What the Bleep Do We Know?!* She discovered that, at the end of the day, all people really want to know is how to feel good. Within these pages, Dr. Pert shares the answers she's found, both in the biomedical laboratory of mainstream science and in the laboratory of her own evolving life. Her amazing journey documents how mind, body, and spirit cannot be separated; and that we're hard-wired for bliss, which is both physical and divine. Feeling good and feeling God, she believes, are one and the same. From beginning to end, this book takes us on an entertaining romp through the many bodymind avenues, separating the woo-woo from real science and pointing the way toward using new paradigm therapies, detoxing our food and environment, forgiving and healing our relationships, understanding depression, staying young, and creating the reality we want to experience. Consciousness, mind, emotions, and God are all factored into the mix, resulting in a lot of beneficial advice and self-development insights that will empower us toward health, well-being, and feeling . . . Go(o)d.

i know my chiro chiropractic wellness: Purposely Positive Joel Lindeman, 2019-01-05 Did you know the human brain is hard-wired toward negativity? It makes complete sense when you think about from an evolutionary standpoint. Your ancestors were constantly on the look-out for danger because survival was the name of the game. Today's world is different. You are not running from savage beasts on your way to work, yet your inclination toward fear, worry and doubt remain supremely powerful. Ironically, most of the savagery today comes from within, and those monsters are rooted in your own mind, from your past, your view of the world, and your perceived place in it. It doesn't have to be that way. In *Purposely Positive*, you will learn where the lean toward the dark side comes from (the psychology, physiology and biology) and more importantly: how you can intentionally create a more positive life NOW leading to a massively impactful future. Through reading this book you will: Identify and remove the anchors that keep you from surging into a brighter future. Re-frame your outlook on challenges so that they will ignite your engine, rather than keep you idle. Realize that reaching for perfection could in fact be sabotaging you from living a masterful life. Learn how to DREAM BIG and get to work on bringing those dreams into fruition. Understand that negative emotions can be necessary, and in fact (when used correctly) fuel a more positive existence. Figure out how to do what you love, and how to love what you do. Learn to intentionally forge your life, utilizing accessible exercises that will lead you toward a happier, more satisfying life. In 31 easy-to-digest chapters, speaker, author and doctor, Joel Lindeman D.C. combines scientific research, inspirational thoughts and powerful prose along with a refreshing wit to bring you tools you can use to help create the life you have only imagined. LIVE POSITIVE. LIVE INTENTIONAL. LIVE INSPIRED.

i know my chiro chiropractic wellness: Dare 2 Live Well Dr. Rochelin Herold, 2024-05-03 Over the past fifteen years, as a licensed health provider in the United States, I remain incredibly inspired at how the human body works and its ability to heal and repair itself if given the right resources and conditions. I have always believed that the fundamental premise of our healthcare

system should focus on using the best practices across all disciplines to offer solutions that support the inherent healing ability of the body to obtain sustainable health outcomes. In what is regarded as the best healthcare system in the world, it is ideal to have a system that begins the caring process with the most effective, conservative and minimally invasive solutions coupled with a mindset to offer protocols that help people sustain a healthier, pain-free life. We all know that is not happening on the grand scale. In my field I have come across thousands of patients who are beyond frustrated with the current status quo of treatment they and their family members have been offered for various conditions, usually limited to medication, injection, or surgery. By the time many patients reach my office, they have already spent a lot of time and money seeing multiple providers and specialists without experiencing sustained positive outcomes, if any at all. Moreover, I truly believe that there is an even larger population of people who are choosing to suffer in silence due to their dissatisfaction with health options or the rising cost of care. This only creates an epidemic proportion of chronic health issues that lead to alarming ER visit rates, premature surgeries, reliance on pain medication and even preventable deaths! The solution to these problems is the challenge I present to you when I say, Dare 2 Live Well. The dare is evident because you must boldly assign accountability and responsibility for your health into your own hands. You must take the reins! I wrote this book to help you navigate a challenging and complex health care system that is broken. This guide will help make the system work for you as you endeavor to achieve a healthier lifestyle. Most importantly, I want to help shift your focus from pain to prevention and help you recognize the reality that our health-related decisions have a resounding and lasting impact on our families and on future generations.

i know my chiro chiropractic wellness: The Age of Movement Beau Beard, 2021-11-15 The Age of Movement is a look at the role that movement has played throughout all of life on Earth. Dr. Beard takes an in depth look as to how movement, or the lack-thereof is contributing to our modern day health crisis, and how changing the way we move can help restore not only our personal health, but also the health of the planet.

i know my chiro chiropractic wellness: *Chiropractic Works!* Timothy J. Feuling, 1999-12 Chiropractic Works! is about the vast benefits that chiropractic care has to offer families. The myth that chiropractic is only for back and neck pain is revealed as we explore the multitude of conditions and diseases that chiropractic care has helped minimize the pain and suffering from. Chiropractic Works! shares hundreds of patient stories with the reader; as well as a section sharing testimonials from hundreds of celebrities, and entertainers. The book includes a frequently asked questions section to answer the basic questions about chiropractic.

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