

BACK TO BALANCE CHIROPRACTIC AND WELLNESS

BACK TO BALANCE: CHIROPRACTIC AND WELLNESS FOR A HEALTHIER YOU

ARE YOU CONSTANTLY BATTLING BACK PAIN, NAGGING HEADACHES, OR THAT PERSISTENT FEELING OF BEING "OFF"? DO YOU CRAVE A LIFE FILLED WITH MORE ENERGY, LESS DISCOMFORT, AND A GENUINE SENSE OF WELL-BEING? THEN YOU'VE COME TO THE RIGHT PLACE. THIS COMPREHENSIVE GUIDE DIVES DEEP INTO THE WORLD OF CHIROPRACTIC CARE AND WELLNESS, EXPLORING HOW "BACK TO BALANCE CHIROPRACTIC AND WELLNESS" CAN BE YOUR PATHWAY TO A HEALTHIER, HAPPIER YOU. WE'LL EXPLORE THE BENEFITS OF CHIROPRACTIC ADJUSTMENTS, THE CONNECTION BETWEEN YOUR SPINE AND OVERALL HEALTH, AND HOW A HOLISTIC WELLNESS APPROACH CAN TRANSFORM YOUR LIFE. GET READY TO REDISCOVER YOUR BODY'S NATURAL ABILITY TO HEAL AND THRIVE!

UNDERSTANDING THE POWER OF CHIROPRACTIC CARE

CHIROPRACTIC CARE FOCUSES ON THE INTRICATE RELATIONSHIP BETWEEN YOUR NERVOUS SYSTEM AND YOUR OVERALL HEALTH. YOUR SPINE, THE CENTRAL COMMUNICATION HIGHWAY OF YOUR BODY, HOUSES YOUR SPINAL CORD, WHICH RELAYS VITAL MESSAGES BETWEEN YOUR BRAIN AND THE REST OF YOUR BODY. WHEN YOUR SPINE IS MISALIGNED (A CONDITION KNOWN AS A SUBLUXATION), THESE MESSAGES CAN BECOME DISRUPTED, LEADING TO A CASCADE OF PROBLEMS. THIS DISRUPTION CAN MANIFEST IN VARIOUS WAYS, FROM PERSISTENT BACK PAIN AND NECK STIFFNESS TO DIGESTIVE ISSUES, HEADACHES, AND EVEN REDUCED ENERGY LEVELS.

CHIROPRACTIC ADJUSTMENTS, PERFORMED BY A QUALIFIED CHIROPRACTOR, AIM TO RESTORE PROPER ALIGNMENT TO YOUR SPINE, THEREBY IMPROVING THE FLOW OF NERVOUS SYSTEM MESSAGES. THESE ADJUSTMENTS ARE GENTLE YET EFFECTIVE, USING PRECISE TECHNIQUES TO ADDRESS SPECIFIC SPINAL MISALIGNMENTS. UNLIKE MANY OTHER TREATMENTS, CHIROPRACTIC CARE FOCUSES ON ADDRESSING THE ROOT CAUSE OF YOUR DISCOMFORT, RATHER THAN JUST MASKING THE SYMPTOMS WITH PAIN MEDICATION.

BEYOND THE ADJUSTMENT: A HOLISTIC WELLNESS APPROACH

AT BACK TO BALANCE CHIROPRACTIC AND WELLNESS, WE UNDERSTAND THAT TRUE WELL-BEING EXTENDS BEYOND SPINAL ADJUSTMENTS. WE BELIEVE IN A HOLISTIC APPROACH, RECOGNIZING THAT YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH ARE INTERCONNECTED. THIS MEANS THAT WE CONSIDER YOUR OVERALL LIFESTYLE AND HEALTH FACTORS WHEN CREATING A PERSONALIZED CARE PLAN.

THIS HOLISTIC APPROACH MIGHT INCLUDE:

LIFESTYLE COUNSELING: WE'LL WORK WITH YOU TO IDENTIFY LIFESTYLE FACTORS THAT MAY BE CONTRIBUTING TO YOUR HEALTH CHALLENGES, SUCH AS POOR POSTURE, LACK OF EXERCISE, INADEQUATE NUTRITION, AND STRESS. WE CAN PROVIDE GUIDANCE AND SUPPORT TO HELP YOU MAKE POSITIVE CHANGES IN THESE AREAS.

NUTRITIONAL GUIDANCE: PROPER NUTRITION PLAYS A VITAL ROLE IN OVERALL HEALTH AND WELL-BEING. WE CAN HELP YOU DEVELOP A BALANCED EATING PLAN TO SUPPORT YOUR BODY'S HEALING PROCESS AND PROVIDE THE NUTRIENTS IT NEEDS TO THRIVE.

ERGONOMIC ASSESSMENTS: WE'LL EVALUATE YOUR WORKSPACE AND DAILY ACTIVITIES TO IDENTIFY POTENTIAL ERGONOMIC ISSUES THAT MAY BE CONTRIBUTING TO YOUR PAIN OR DISCOMFORT. WE CAN THEN PROVIDE RECOMMENDATIONS FOR IMPROVING YOUR POSTURE AND REDUCING STRAIN ON YOUR BODY.

STRESS MANAGEMENT TECHNIQUES: CHRONIC STRESS CAN HAVE A DETRIMENTAL EFFECT ON YOUR PHYSICAL AND MENTAL HEALTH. WE CAN TEACH YOU EFFECTIVE STRESS MANAGEMENT TECHNIQUES, SUCH AS DEEP BREATHING EXERCISES, MEDITATION, OR YOGA, TO HELP YOU MANAGE STRESS LEVELS EFFECTIVELY.

THE BENEFITS OF CHOOSING BACK TO BALANCE

WHAT SETS BACK TO BALANCE CHIROPRACTIC AND WELLNESS APART? IT'S OUR COMMITMENT TO PERSONALIZED CARE AND A PATIENT-CENTERED APPROACH. WE TAKE THE TIME TO LISTEN TO YOUR CONCERNS, UNDERSTAND YOUR INDIVIDUAL NEEDS, AND DEVELOP A TREATMENT PLAN THAT IS TAILORED SPECIFICALLY TO YOU. WE BELIEVE IN EMPOWERING YOU TO TAKE CONTROL OF YOUR HEALTH AND WELL-BEING, AND WE'LL BE WITH YOU EVERY STEP OF THE WAY.

CHOOSING BACK TO BALANCE MEANS:

PERSONALIZED TREATMENT PLANS: NO TWO PATIENTS ARE ALIKE, AND NEITHER ARE THEIR TREATMENT PLANS. WE'LL CREATE A CUSTOMIZED PROGRAM BASED ON YOUR SPECIFIC NEEDS AND GOALS.

EXPERIENCED AND COMPASSIONATE CARE: OUR TEAM OF HIGHLY TRAINED PROFESSIONALS IS DEDICATED TO PROVIDING COMPASSIONATE AND EFFECTIVE CARE IN A COMFORTABLE AND SUPPORTIVE ENVIRONMENT.

FOCUS ON PREVENTION: WE DON'T JUST TREAT SYMPTOMS; WE WORK TO PREVENT FUTURE PROBLEMS THROUGH EDUCATION AND LIFESTYLE GUIDANCE.

IMPROVED QUALITY OF LIFE: ULTIMATELY, OUR GOAL IS TO HELP YOU ACHIEVE A HIGHER QUALITY OF LIFE, FREE FROM PAIN AND DISCOMFORT, AND FULL OF ENERGY AND VITALITY.

TAKING THE FIRST STEP TOWARDS BALANCE

ARE YOU READY TO EXPERIENCE THE TRANSFORMATIVE POWER OF CHIROPRACTIC CARE AND HOLISTIC WELLNESS? CONTACT BACK TO BALANCE CHIROPRACTIC AND WELLNESS TODAY TO SCHEDULE A CONSULTATION. WE'LL ASSESS YOUR INDIVIDUAL NEEDS AND HELP YOU CREATE A PERSONALIZED PLAN TO HELP YOU GET BACK TO BALANCE AND LIVE YOUR BEST LIFE. DON'T LET PAIN AND DISCOMFORT HOLD YOU BACK ANY LONGER – TAKE CONTROL OF YOUR HEALTH AND START YOUR JOURNEY TOWARDS A HAPPIER, HEALTHIER YOU.

CONCLUSION

BACK TO BALANCE CHIROPRACTIC AND WELLNESS OFFERS MORE THAN JUST SPINAL ADJUSTMENTS; IT OFFERS A PATHWAY TO A HEALTHIER, MORE BALANCED LIFE. BY COMBINING THE POWER OF CHIROPRACTIC CARE WITH A HOLISTIC WELLNESS APPROACH, WE HELP OUR PATIENTS ACHIEVE LASTING RESULTS AND IMPROVE THEIR OVERALL QUALITY OF LIFE. WE ENCOURAGE YOU TO TAKE THE FIRST STEP TOWARDS A HEALTHIER YOU BY CONTACTING US TODAY.

FAQs

1. **IS CHIROPRACTIC CARE SAFE?** YES, CHIROPRACTIC CARE IS GENERALLY SAFE WHEN PERFORMED BY A QUALIFIED AND LICENSED CHIROPRACTOR. HOWEVER, AS WITH ANY HEALTHCARE TREATMENT, THERE ARE POTENTIAL RISKS, ALTHOUGH THESE ARE RARE. YOUR CHIROPRACTOR WILL DISCUSS ANY POTENTIAL RISKS WITH YOU BEFORE BEGINNING TREATMENT.
1. **HOW MANY CHIROPRACTIC ADJUSTMENTS WILL I NEED?** THE NUMBER OF ADJUSTMENTS NEEDED VARIES GREATLY DEPENDING ON THE INDIVIDUAL AND THE NATURE OF THEIR CONDITION. SOME PATIENTS MAY ONLY NEED A FEW ADJUSTMENTS, WHILE OTHERS MAY NEED MORE EXTENSIVE CARE. YOUR CHIROPRACTOR WILL DEVELOP A PERSONALIZED TREATMENT PLAN BASED ON YOUR SPECIFIC NEEDS.
1. **DOES INSURANCE COVER CHIROPRACTIC CARE?** MANY INSURANCE PLANS COVER AT LEAST SOME CHIROPRACTIC CARE. HOWEVER, COVERAGE CAN VARY DEPENDING ON YOUR SPECIFIC PLAN. IT'S IMPORTANT TO CONTACT YOUR INSURANCE

PROVIDER TO DETERMINE YOUR COVERAGE BEFORE YOUR FIRST APPOINTMENT.

1. WHAT CAN I EXPECT DURING MY FIRST APPOINTMENT? YOUR FIRST APPOINTMENT WILL TYPICALLY INVOLVE A COMPREHENSIVE CONSULTATION AND PHYSICAL EXAMINATION TO ASSESS YOUR CONDITION AND DETERMINE THE BEST COURSE OF TREATMENT. YOUR CHIROPRACTOR WILL DISCUSS YOUR HEALTH HISTORY, SYMPTOMS, AND GOALS, AND ANSWER ANY QUESTIONS YOU MAY HAVE.
1. HOW LONG WILL IT TAKE TO SEE RESULTS FROM CHIROPRACTIC CARE? THE TIMELINE FOR SEEING RESULTS VARIES DEPENDING ON INDIVIDUAL FACTORS. SOME PATIENTS MAY EXPERIENCE IMMEDIATE RELIEF, WHILE OTHERS MAY NEED SEVERAL WEEKS OR MONTHS OF TREATMENT TO ACHIEVE THEIR GOALS. YOUR CHIROPRACTOR WILL PROVIDE YOU WITH AN ESTIMATED TIMELINE BASED ON YOUR INDIVIDUAL CIRCUMSTANCES.

📖 **back to balance chiropractic and wellness: The True Power of Chiropractic** Jason W. Ingham, 2019-08-27 With over one hundred Americans dying everyday to opioid overdose, doctors must look toward permanent solutions before the epidemic continues to spiral out of control. This is where chiropractic comes into play. Instead of throwing medicine at symptoms and chronic pain and hoping they go away, chiropractic is a nonsurgical solution that can alleviate pain and save you money down the road. From watching his mother see dramatic results with her polio through chiropractic treatment, to being treated himself as a child, Dr. Jason W. Ingham knows the benefits of chiropractic all too well. He wrote this book as a guide for a pain-free life--one where you don't have to use medicine as a crutch. In *The True Power of Chiropractic: Unlock Your Body's Natural Ability to Adapt, Renew, and Restore*, Dr. Ingham will share his knowledge with you so you can take your first steps to improving your life through chiropractic.

back to balance chiropractic and wellness: A Text Book, Modernized Chiropractic ... Oakley Garfield Smith, Solon Massey Langworthy, Minora C. Paxson, 1906

back to balance chiropractic and wellness: Active Isolated Stretching Aaron L. Mattes, 1995 Demonstrates a technique of preventive muscle stretching based upon reciprocal innervation of muscle tissue, the agonist-antagonist reflex. With each exercise, the type of flexion and the muscle groups used are provided. The Mattes Method of Active Isolated Stretching is a myofascial release and therapeutic treatment for deep and superficial muscles, tendons and fascia.

back to balance chiropractic and wellness: Pediatric Chiropractic Claudia A. Anrig, Gregory Plaughter, 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 Plaughter, 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.

back to balance chiropractic and 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.

back to balance chiropractic and 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.

back to balance chiropractic and wellness: Deeper Still JOHN. STIRK, 2021-01-25 Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from The Original Body this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. Deeper Still goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. Deeper Still enables teachers to take their students to a deeper dimension. It also: provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

back to balance chiropractic and 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.

back to balance chiropractic and wellness: Crooked Cathryn Jakobson Ramin, 2017-05-09

The acclaimed author of *Carved in Sand*—a veteran investigative journalist who endured persistent back pain for decades—delivers the definitive book on the subject: an essential examination of all facets of the back pain industry, exploring what works, what doesn't, what may cause harm, and how to get on the road to recovery. In her effort to manage her chronic back pain, investigative reporter Cathryn Jakobson Ramin spent years and a small fortune on a panoply of treatments. But her discomfort only intensified, leaving her feeling frustrated and perplexed. As she searched for better solutions, she exposed a much bigger problem. Costing roughly \$100 billion a year, spine medicine—often ineffective and sometimes harmful—exemplified the worst aspects of the U.S. health care system. The result of six years of intensive investigation, *Crooked* offers a startling look at the poorly identified risks of spine medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, physical medicine and rehabilitation physicians, exercise physiologists, physical therapists, chiropractors, specialized bodywork practitioners. She met with many patients whose pain and desperation led them to make life-altering decisions, and with others who triumphed over their limitations. The result is a brilliant and comprehensive book that is not only important but essential to millions of back pain sufferers, and all types of health care professionals. Ramin shatters assumptions about surgery, chiropractic methods, physical therapy, spinal injections and painkillers, and addresses evidence-based rehabilitation options—showing, in detail, how to avoid therapeutic dead ends, while saving money, time, and considerable anguish. With *Crooked*, she reveals what it takes to outwit the back pain industry and get on the road to recovery.

back to balance chiropractic and 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.

back to balance chiropractic and wellness: *Rewired* Erica Spiegelman, 2015-04-28
A counselor at one of the most innovative and renowned drug and alcohol treatment centers in the world introduces an empowering approach to addiction recovery that addresses the whole self—mind, body, and spirit. This “useful and practical perspective on what you can do to recover from [addiction]” can replace or supplement 12-step programs—at any stage in your recovery (Allen Berger, Ph.D., author of *12 Stupid Things That Mess Up Recovery*). *Rewired* is a new, breakthrough approach to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, *Rewired* will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude. *Rewired* addresses the whole self; just as addiction affects every part of one's life, so too must its treatment. By helping us to build a healthy space to support our own recovery, we can rewrite the negative behaviors that result in addiction. Usable in conjunction with or in place of 12-step programs, *Rewired* allows for a more holistic approach, helping to create

a personalized treatment plan that is right for you. Each section in Rewired includes: • Personal anecdotes from the author's own struggles with alcoholism and addiction • Inspiring true success stories of patients overcoming their addictions • Questions to engage you into finding what is missing from your recovery • Positive affirmations and intentions to guide and motivate With all the variables, both physical and emotional, that play into overcoming addiction, Rewired enables us to stay strong and positive as we progress on the path to recovery. Rewired teaches patience and compassion, the two cornerstones of a new, humanist approach to curing addiction. Remember, addicts are not broken people that need to be fixed—they just have a few crossed wires.

back to balance chiropractic and wellness: *The Health Revolution* Jade Wimberley, 2017-10-11 The Health Revolution: Give Yourself the Healthcare You Deserve by Jade Wimberley, licensed naturopathic doctor, is a combination holistic health, self-help book and inspirational manifesto. This back-to-basics primer reveals the challenges patients face with the current healthcare system and empowers them to awaken their healthiest selves-physically, emotionally and mentally. The Health Revolution provides medical history, eight simple guidelines to living one's best life, and practical chapter-end Health Resolutions aimed to restore confidence in knowing what's best for one's self and one's body. Health is not about taking a pill. Health is about understanding why we feel the way we do and making educated choices to truly heal. The Health Revolution book is a gentle nudge from a naturopathic doctor who wants readers to know the innate natural power of the body, honor it and ignite a comprehensive Health Revolution. Together, we can change the way we do health in America!

back to balance chiropractic and wellness: *One Body One Life* Andrew C. E. Green, 2018-06-04 Are you always stressed, constantly busy, prioritising others over yourself, and realising that time is slipping by and your health is now not what it was? Assess where you are now, and then follow a series of easily sustainable changes that you can stick to, get the balance right, and reclaim your health.

back to balance chiropractic and wellness: *Courageous Dreaming* Alberto Villoldo, Ph.D., 2008-03-01 Modern physics tells us that we're dreaming the world into being with every thought. Courageous Dreaming tells us how to dream our world with power and grace. The ancient shamans of the Americas understood that we're not only creating our experience of the world, but are dreaming up the very nature of reality itself—that is, life is but a dream. When you don't dream your life, you have to settle for the nightmare being dreamed by others. This book shows how to wake up from the collective nightmare and begin to dream a life of courage and grace, a sacred dream that shamans throughout time have known and served. Alberto Villoldo reveals ancient wisdom teachings that explain how to birth reality from the invisible matrix of creation; and reveals how we can interact with this matrix to dream a life of peace, health, and abundance. He shows us that courage is all that is required to create the joy we desire!

back to balance chiropractic and wellness: *The Science of Chiropractic; Volume 1* Daniel David Palmer, 2018-10-11 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

back to balance chiropractic and wellness: *Natural Health after Birth* Aviva Jill Romm, 2002-01-01 Provides essential advice for adjusting to the many challenges facing women during the first year after giving birth. • Offers practical tips for finding balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self. • Provides

helpful herbal tips and recipes and includes gentle yoga exercises. • Addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. • By the author of *The Natural Pregnancy Book* and *Vaccinations: A Thoughtful Parent's Guide*. New mothers need care and support to adjust to the myriad challenges facing them after birth: changing body image, lifestyle, work arrangements, and relationships. Midwife, herbalist, and mother of four, Aviva Jill Romm shares her insights into how to make this crucial time a happy one. She provides essential advice for preparing for the postpartum period, coping during the first few days after the birth, establishing a successful breast-feeding relationship, getting enough rest, eating well even with a hectic schedule, and finding time to regain strength and tone with gentle yoga exercises. Woven throughout are helpful herbal tips and recipes to make the first year of motherhood a naturally healthy one. *Natural Health after Birth* also addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who plan to be home full or part time during the first year and those who must return to their jobs soon after the birth. With humor and compassion, Romm offers mothers practical wisdom for attaining the delicate balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self.

back to balance chiropractic and 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.

back to balance chiropractic and wellness: *Sports-Related Concussions in Youth* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Sports-Related Concussions in Youth, 2014-02-04 In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. *Sports-Related Concussions in Youth: Improving the Science, Changing the Culture* reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. *Sports-Related Concussions in Youth* finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The

culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to Sports-Related Concussions in Youth, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

back to balance chiropractic and wellness: Effortless Healing Dr. Joseph Mercola, 2015-02-24 Let your body do the work... Do you have to tell your leg to heal from a scrape? Your lungs to take in air? Your body that it's hungry? No. Your body does these things automatically, effortlessly. Vibrant health is your birthright and within your grasp; you just have to step out of the way. In *Effortless Healing*, online health pioneer, natural medicine advocate, and bestselling author Dr. Joseph Mercola reveals the nine simple secrets to a healthier, thinner you. The results are amazing and the steps can be as easy to implement as: • Throwing ice cubes in your water to make it more "structured" • Skipping breakfast, as it could be making you fat • Eating up to 75 percent of your calories each day in fat for optimal health, reduction of heart disease, and cancer prevention • Avoiding certain meat and fish, but enjoying butter • Eating sauerkraut (and other fermented foods) to improve your immune system and your mood • Walking barefoot outside to decrease system-wide inflammation (and because it just feels great) • Enjoying a laugh: it's as good for your blood vessels as fifteen minutes of exercise *Effortless Healing* is the distillation of decades of Dr. Mercola's experience and cutting-edge medical knowledge. With his wisdom and that of your body, you can optimize your health, your weight, and your life...effortlessly.

back to balance chiropractic and 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;.

back to balance chiropractic and wellness: Everything You Need to Know to Feel Go(o)d Candace B. Pert, Ph.D., 2007-11-01 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.

back to balance chiropractic and 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

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