

Greene Chiropractic Clinic  
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## **Chiropractic: It's more than you think – it's how you'll feel.**

Did you know that chiropractic is the largest natural health care profession in the world? Developed over 100 years ago, this conservative, drug-free, surgery-free approach to optimal health is based on the premise that the relationship between structure and function in the human body is a significant factor in your health!

Chiropractic health care focuses primarily on the integrity of the nervous system. Maintaining good structure allows the functions of the body to be in balance and allows your natural healing ability to flourish.

### **A Column of Strength**

Altered spinal function may interfere with nerve function in your body, causing not only back pain, but possibly other types of health problems. Your spine is designed to support your weight and protect your spinal cord, the direct link from your brain to the rest of your body. Since your spine affects the nerves in all parts of your body, problems in your spine may cause many types of health problems. Keep in mind that no healing art or specific treatment has all the answers to all of the health care problems people face. However, chiropractic has been successful in many cases where traditional treatments have failed. If your health problem is not within your chiropractor's scope of practice, you will be referred to the proper health care specialist.

### **A Chiropractic Education**

In the United States, doctors of chiropractic are licensed and hold advanced degrees in the area of physical medicine. A minimum of six years of college study is required to become a doctor of chiropractic, focusing more on anatomy and physiology than their medical counterparts. An additional 15 hours of continuing education are required annually. Since the first *official* chiropractic adjustment was performed on September 18, 1895, the practice of chiropractic has grown to over 30,000 doctors of chiropractic in the United States alone, treating over 10 million patients with all types of health disorders.



### **Stay on the Healthy Path with Chiropractic Care!**

The road to a healthy life includes maintaining your body's natural healing ability and practicing preventive health care. Chiropractic is a *whole person* approach to health care that targets the cause of the problem, rather than just the symptoms. Regular chiropractic care, along with good nutrition, stress management, and sufficient exercise can help you become and remain a healthy human being!

**New Starting March 1, 2011...  
Dr. Greene is now open Tuesdays!**



**MAY YOUR POCKETS BE HEAVY  
AND YOUR HEART BE LIGHT,  
MAY GOOD LUCK PURSUE YOU  
EACH MORNING AND NIGHT.**



**Yoga classes now forming  
Mondays and Wednesdays at Noon**