



THE ROAD TO HEALTH

Being healthy is normal for people. Sickness and pain are not normal. When healthy, even though you may temporarily feel a little low, you snap back quickly and continue in good health.

Illness, aches and pains are not normal. These may start as the result of an accident or just a gradual and hardly noticeable loss of health over a long period of time. An accident can cause a rapid decline in your health. The severity of the decline usually will vary with the severity of the accident but declining health at any speed is very serious.

The long-term case faces a more difficult time in the climb back to normal health. The longer your health is declining and the farther it slips away from normal, the longer it will take you and the more difficult it will be to get back to truly restored health.

When under Chiropractic care, your body's ability to heal itself dramatically increases. It is impossible to be totally healthy without Chiropractic care.

On the road to better health you must be aware of two dangers. When you are making progress and feeling much better, you may make the mistake of discontinuing treatment too soon. Or you may become unnecessarily discouraged if you discover yourself temporarily slipping back a little. Don't let this prevent you from climbing all the way back to normal health.

The average return to health is more rapid and uneventful than most of us would think possible. In the course of your Chiropractic care, there will be periods of improvement that indicate you are approaching normal health. In fact, you may feel so well that you are tempted to stop treatment.

If treatment is stopped too soon, it could cause a decline in your health. It is vital to continue your treatment in order to regain normal health. Your Doctor will check you regularly to see that your body is becoming balanced and your nervous system is working properly. Your care will continue until you have reached an optimum state of health. Then a plan of health maintenance of once a month should be undertaken to make sure you stay healthy.

It is our hope that each of you will choose to obtain the best health that is possible for you.. If along the way you run into a situation that prompts you to feel like dropping from your treatment plan (discouraged, feel you are well, financial reasons), please discuss this with the doctor so that an evaluation of your condition and a course of action best for you can be worked out.

Our purpose is to restore and maintain the health of you, our patient, with natural modern chiropractic care.

Yours in Health!

All of Us at Sather Chiropractic Center