

Optimal health for you, your family and friends

Our Purpose is to Educate and Adjust as Many Families as Possible Toward Optimal Health Through Natural Chiropractic Care.

Today chiropractic is becoming the number one choice in restoring and maintaining optimal health. Chiropractic is simply the best way to get well and stay well for life.

As You Can Imagine, Chiropractic Works for People of All Ages and Lifestyles.

Subluxations can begin at birth and progress throughout life. Interruption to proper nerve flow by subluxations can affect your overall health. Healthy cell metabolism, organ function and sharp mental focus are all jeopardized with decreased nerve flow. Correcting subluxations greatly improves the body's ability to regain optimal health. It's common to see whole families choosing chiropractic because no one is ever too young or too old to obtain a healthy nervous system for life.

Chiropractic Is Safe, Gentle and Effective.

Chiropractic is the fastest growing drugless healing profession in the world today, serving over 2,000,000 people every day. People who are under regular chiropractic care are among the healthiest people in the world, enjoying far less hospitalization, medication and other doctor visits.

Information courtesy of Team WLP, 1998

If you have any questions in regards to how you or someone you care for can benefit by Chiropractic care, call us and schedule a consultation with your Doctor of Chiropractic.

Find out how to reach optimal health for yourself and the people you love.

Wellness Care on Collins

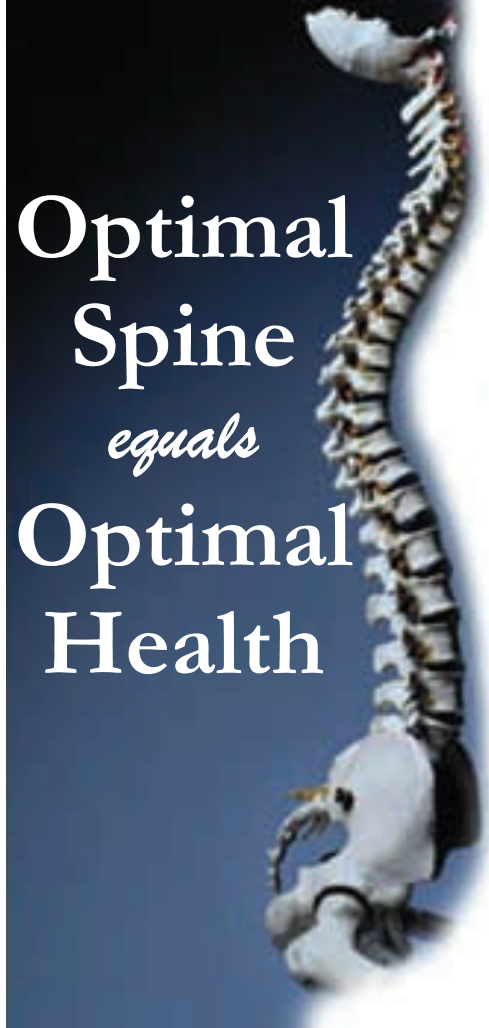
Initial Consultation	\$80.00
Chiropractic Adjustment	\$40.00
Child Adjustment	\$30.00
Pensioner Adjustment	\$30.00



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Wellness Care on Collins



Optimal
Spine
equals
Optimal
Health

Chiropractic Care for You

Dr. Annie Guillet DC
Doctor of Chiropractic
USA

How the Body Works

Most people have been led to believe eating nutritious foods (including supplements), drinking plenty of fluids, exercising regularly, sleeping well and having a clean air supply will keep you healthy.

STOP!

These things are a vital part of living a healthy lifestyle—BUT—every function in your body is under the TOTAL control of your nervous system, which must operate at 100% for optimal health.

The Nervous System Houses Your Brain Messages

Think about it. Your brain isn't programmed to make you sick or diseased—ever. Each human brain and nervous system is 100% programmed for optimal health and wellness. It will manifest this every time unless interfered with, somewhere in the system. Your brain stores thousands of years of genetic coding far beyond our modern scientific understanding of the body.

Establishing an Uninterrupted Nerve Flow is the Key to Optimal Healing

Your brain is continuously producing vital messages which are brilliantly decoded into electrical impulses with the purpose of performing an important function in a specific place within your body. Millions of these messages are sent every second of your life, passing from your brain to your body cells, and equally important, from your body cells back to your brain. ANYTHING that interrupts the proper flow of electrical impulses through your nervous system should set off loud, beeping alarms in the body. — But it doesn't — not until a certain amount of damage has already been accumulated.

A Body That is Out of Balance Tends to Stay that Way

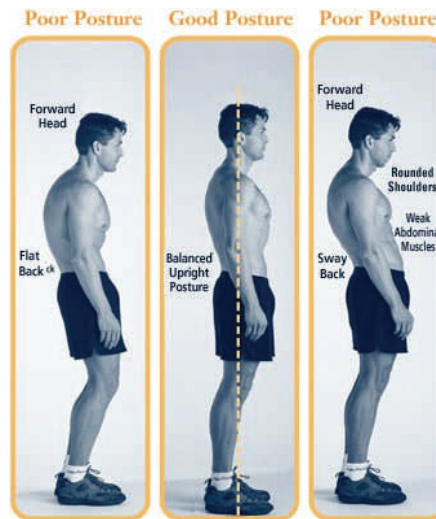
Good Posture = Good Health

All your life you have been told to “stand up straight... watch your posture”. Hopefully you have taken that advice. You will look better and have much more energy if you do. Actually, there is much more to posture than most people realize. Your posture is the position of your ligaments, muscles and spinal bones and the condition they are in.

Posture is the window to the spine

If posture is out of balance, then the spine is out of balance, putting unhealthy pressure on your nervous system. Activities as subtle as sleeping, standing or walking abnormally; to more obvious traumas like emotional stress, work or auto injuries, recreational injuries and even the birth process itself can result in spinal imbalance.

Your spine is the most important factor affecting your posture. In order to have the best possible posture (and health), your spine has to be in the best possible condition.



Optimal posture is a vital key to achieving optimal health for each person in your family

What is Vertebral Subluxation?

When a spinal vertebra shifts out of alignment, it may put damaging pressure on the spinal nerves causing interruption to the vital nerve flow within the body. This condition is referred to as VERTEBRAL SUBLUXATION.

Between the spinal bones, called vertebrae, are nerves which transport messages from the brain to all organs, tissues and cells in the body. When the vertebrae are subluxated, the nerve passageway is blocked and the life energy flowing through the nerve can be **choked off**. Any spinal imbalance will cause areas of the spinal column to work harder in order to compensate for the area that is out of balance. This interferes with the body's innate healing ability and lowers your body's resistance.



Only 10% Of Your Entire Nervous System Carries Or Perceives Pain. Up to 90% Can Be Heavily Stressed Without Any Alarms, Whistles or Bells!