

**Franks Chiropractic Life Center**  
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**Greensboro, GA 30642**  
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**Dr. Rick Franks**  
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**Prepared Exclusively For:**

**Welcome to Our Practice...**  
**Welcome To Chiropractic...**

We have prepared this material for you because we want you to understand the truth about what we do and what we don't do. We want you coming for care because you understand what we are trying to accomplish, not because we tell you to come.

You are about to find out the truth about how your body works, AND how to get and keep it healthy – naturally!

**Please take a few minutes to read over this material. It contains very important information that will help you become and stay healthier.**

**We're Glad You're Here!**

**Hours: Monday thru Thursday 8:30 am – 12:30 pm and 2:00 pm – 7:00 pm**

**Friday 8:30 am – 12:30 pm and 2:00 pm – 5:00 pm**

**Sunday 12:00 pm - 5:00 pm**

## [What You Need To Know About Your Chiropractic Care](#)

Every health care professional has his or her place, and we want you to know that we are thrilled to be a part of your health care team. This packet is designed to give you some very important information about how your body works, how chiropractic works, and **what you can do to get and stay healthy for life** – so you don't have to be dependent on taking unnecessary medications every time you feel sick or have a pain. Please read on!

## [What You Need To Know About Your Body:](#)

Before we get into how the body and chiropractic works, we have to establish and explain **one very important component of functional physiology**; just how does our body heal itself?

Lewis Thomas, M.D. said, "...a kind of super intelligence exists in each of us, infinitely smarter and possessed of technical know-how far beyond our present understanding." What Dr. Thomas is talking about is what chiropractors call "Innate Intelligence".

## [What is this "Innate Intelligence"?](#)

Have you ever wondered how your stomach knows how to digest the food in your stomach, beat your heart 24,000 beats every day, heal that cut on your finger, and kick your immune system into high gear when it is being invaded by bacteria **all at the same time and without you having to think about it?** Simply stated, there is an Innate intelligence or inborn wisdom of the body that does all this and more...it is the same intelligence that created you from two cells, is within you now, and allows your body to constantly adapt to our ever-changing environments. Without it you are dead. This innate intelligence is everywhere in your body and is actually generated by your brain and communicated out to every muscle, gland, organ and cell in your body via the spinal nerves every single second of your life.

**Chiropractors are the only doctors (as a profession) who recognize that the human body has this inborn wisdom or intelligence. Our goal is to work on and with the body so that it can fully express this intelligence in order to function as close to 100% as possible.**

## [Here's How Your Body Works:](#)

Your nervous system is the master control system of your body. It is made up of your brain, spinal cord, and spinal nerves (they come off the spine). Your brain is the power source and control center of literally every function in your body. This incredible organ sends 100% of your body's information and energy down your spinal cord, which is protected by 24 moveable vertebrae. This cord divides into spinal nerves, which then exit between each vertebrae and go out to deliver the messages originally sent from the brain to each muscle, gland, organ and cell in your body. **As long as there is no interference to your brain, spinal cord and spinal nerves, your body has the ability to function at its optimum level...in other words, as close to 100% as possible.**

## [Here's How Chiropractic Works:](#)

Chiropractic is the only healing profession in the world that recognizes that your body has the ability to function at its optimum level, as long as there is no interference to the master control system (the nervous system). Makes sense, don't you think?

As a chiropractor, it is my job to locate, analyze and remove any interference to the nervous system. These blockages or misalignments are called **VERTEBRAL SUBLUXATIONS**. **When a spinal nerve is being choked because of a vertebral subluxation, the muscle, organ, or gland that is attached to it can only receive a portion of the information that the brain is trying to send to it. In fact, the weight of a dime on a spinal nerve can inhibit its function up to 60%!**

When a circuit overloads in your house and it "blows," you go down to the circuit breaker box and check all of the circuits. You examine all of them to make sure they are all in perfect alignment. When you come to the one that is out of alignment you simply adjust the circuit and turn the power back on. The body works in the same way. I simply check your spine to make sure that all of the vertebrae are in perfect alignment.

When I come to a vertebrae that is out of alignment (called a subluxation), I use my hands and adjust the vertebrae so that the "power" can be turned back on to the muscle, organ, or gland that it controls.

## [What Are Symptoms?](#)

If the oil light on your car comes on, is it a symptom or the cause of your problems? If you believe that it's the cause, put a band-aid over it or disconnect the light. That way you don't have to look at it. Fortunately most of us know that it's a symptom (warning sign) that something is wrong someplace else. The mechanic sees the symptom, finds the cause (puts oil in the car) and the symptom (oil light) goes away. Unfortunately many people cover up their

symptoms with pills instead of looking for the underlying cause. What's even worse is that symptoms are usually the last thing to appear in a disease process. You are sick long before you know it! **That is why waiting for symptoms to appear is the worst way to take care of yourself and your family.** **Fact:** A cavity usually doesn't hurt for 2 years. **Fact:** You have cancer long before you know it. Cancer usually doesn't hurt at all,... until the end. **Fact:** Thirty-six percent of all heart attack victims have their fatal heart attack as their very first symptom! **That's why you should never wait for symptoms.**

Chiropractic care allows your body to function at its highest level, and can prevent problems from developing in the first place. We can find nerve interference long before tissues begin changing. Just like brushing your teeth can help prevent tooth decay, maintaining a healthy strong spine will prevent spinal decay. **Chances are good that you are here because you never maintained your spine in the first place.** You have made a wise decision in choosing chiropractic for a healthier life.

### [What You Can Expect From Us](#)

By choosing our office, you can expect to receive the highest level of professional care, service, respect and attention. There is a very good reason for this. We have a very close-knit group of patients. We have created an extremely warm "family-like" environment. We welcome you to our family.

Your first visit gave us all of the necessary information needed to assess the severity of your spinal/health problem. By reviewing your orthopedic, neurological tests (emg), spinal examination findings, x-rays, and personal history, we will be able to determine exactly what you will need. You will never be "in the dark" about any aspect of your care, or our relationship.

### [What We Don't Do:](#)

It is **not** our job to treat your symptoms, or relieve them. That's what medicine does. Our job is to **find and correct** the exact spinal/health problem that is more than likely **causing** your symptoms. Once the interference is removed, any symptoms it may have been causing, disappear, much like orthodontic braces do for crooked teeth. But, like braces, spinal correction takes time. Imagine if you didn't brush your teeth for 30 years what they would look like! Most people don't ever take care of their spine so you have to understand that healing will take time.

### [What We Expect From You](#)

In order for you to get the maximum results from your chiropractic care, please listen and follow all instructions from the doctor, keep all of your appointments (and if you miss one, make it up within the same week), attend the orientation meeting in order to learn more about your condition, and how chiropractic can help, make all necessary payments on time (we try to run a zero balance clinic to

help keep your costs down), and commit to achieving “wellness” status. “Wellness” status means that you have completed your chiropractic corrective care, and that you only need a minimum amount of post corrective care adjustments to maintain your new level of health.

Also, this office is as much of a learning institution as it is a healing one. By attending the orientation evening you will learn more than you ever thought imaginable about how to keep your body functioning at its highest levels. You will learn what makes your immune system strong and weak; how to increase your energy and quality of sleep without medication; and most importantly, how you can allow the master system of the body (the nervous system) to function at its optimum level.

We ask you to tell others about your newfound knowledge of the body, how it works, and how it heals itself. Ask us about information to give to others. We will be glad to help. We need you to help us in our quest to get as many kids and adults off drugs, so that they lead healthier, happier lives.

## Payment Policy

**You must start your chiropractic care with the end in mind. In other words, don't start unless you plan on finishing. We are committed to doing everything we can to correct the cause of your spinal/health problem and we ask that you be just as committed.**

Our policy is to accept cases based on our ability to correct your spinal/health problem, and your commitment to want to correct it. **We do not base your care on your financial position or what your insurance company will pay.**

Insurance companies have totally different goals than we do. While we do work with many insurance companies, we will **not** sacrifice our ethics or recommendations to fit into their profiles. We will tell you what you need based on over 30 years of experience in this field. We do not treat insurance companies; we treat people.

If you have insurance we will explain everything you need to know about your plan and how it works. We will work out a payment plan that is best for you. **Your health is priceless. Your Chiropractic Corrective Care Plan is NOT an EXPENSE – it is an INVESTMENT!** Without your health you have nothing. Investing in your health wisely will give you health AND happiness for as long as you live. As long as your health is a priority to you, we will work with you financially. We have never turned away anyone for financial reasons, but we have turned people away for not being committed to improving their health.

We simply ask that you pay when services are rendered. This helps us keep our billing expenses to a minimum.

**Our mission is to help as many people (families) as possible to live happy, healthy, drug-free lives.**

**Remember, it is our goal to give you as much information as possible so you can get and stay healthy. The more you know, the healthier you can become.**

## **WE GUARANTEE YOUR SATISFACTION!**

**Most doctors won't guarantee anything. But that's what makes us different than most doctors! We won't just do our best for you; we'll guarantee it!**

**Here's what our promise is to you:**

We promise to give you our best; that is 100% focus, concentration and effort to remove the nerve interference in your body every time we see you. If for any reason you are unhappy with your care that day, let us know immediately and there will be absolutely no charge for that day. Nobody else does that!. **We are totally committed to helping you become as healthy as possible. All we ask is that you are also committed to becoming and staying healthy.**

We have built a reputation on getting great results. We also want you to be totally satisfied with your care. We know you want to be better yesterday or today at the latest. Unfortunately, we can't hurry the healing process. But there are many things you can do to assist in the healing process. The more you cooperate, the quicker you can get better and do better.

**For best results here is what you need to do:**

- Follow the recommended corrective care plan. We are not "pain pills" or "overnight miracle workers." We are freeing up interference so the body can begin healing and that takes time.
- Stick with your program. If you miss an adjustment, make it up the same week. **The adjustment doesn't heal; it's what happens after the adjustment.**
- Attend the health orientation. Statistics prove over and over that patients who care enough about their health to attend this important talk improve almost twice as fast as patients who don't attend because of the new information they acquire.
- Follow through diligently with any prescribed exercises.
- Report any problems or concerns to a staff member so they can be handled **IMMEDIATELY**.
- Ask as many questions as you feel necessary so that you feel completely comfortable and confident.
- Finances/insurance will always be handled or explained in a professional, easy-to-understand manner. Patients that pay on time always get better quicker (less stress).

We ask that if you are happy with your care, to please tell others. If you are not happy, tell us. There is nothing that can't be worked out. And remember that we will take care of any referrals as if they are members of our own family.

## YOUR FIRST FEW ADJUSTMENTS

- **YOUR FIRST 72 HOURS:** Every patient reacts a little differently to their first few adjustments. Some people sleep more while others feel a rush of energy. There is also a chance that you will feel a little stiff after your first few adjustments. Your muscles, ligaments, tendons, and joints are used to being in a different position and all of a sudden they have been moved slightly. It's kind of like exercising for the first time. This is normal. Once your spine and all of the soft tissue starts getting accustomed to the new, corrected position, the stiffness/soreness should go away.
- **ACTIVITY:** At first, take it easy and try to avoid any straining. Feel free to ask about exercises or any other strenuous activity, but for the first few days it helps to just relax and allow the body to begin healing, especially if you are in pain or have had a serious accident.
- **ICE PACKS:** Rather than taking medication, ice is a great anti-inflammatory. Use ice on the swollen areas to reduce inflammation. Cold or ice packs are also good to help reduce pain. Use the ice on the affected area for about 20 minutes every hour, but don't let the ice touch the skin. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often. If you need a reusable ice pack, we have them available.
- **SMOKING:** Smoking reduces capillary blood flow. This slows down the healing process. We advise you not to smoke at all or to start cutting down if you want to accelerate the healing process.
- **ALCOHOL:** Alcohol dilates the blood vessels and could increase swelling.
- **YOUR APPOINTMENT SCHEDULE:** It is very important that you follow the schedule of appointments we establish for you. Your Corrective Care Plan is designed to correct the CAUSE of your problem and not just RELIEVE your symptoms. Healing and correction take time, and we have developed this plan of action based on experience with other cases just like yours. If you can't make an appointment, please call and reschedule to make up for the missed appointment. We are here 6 days a week for you. Each adjustment is like a step in the direction of spinal correction. Each adjustment builds on the one before it. **Spinal correction and good health is a cumulative process.**
- **MAINTENANCE:** What happens when your Corrective Care is over? We strongly recommend a Maintenance Plan for continued wellness care. This Maintenance Plan will help you to keep your spine in great shape and prevent problems from returning. You will have invested time, money and energy into correcting your spine; you should want to maximize your investment by keeping your health and spine working at their maximum potential. It only makes sense; if chiropractic can get you well, it can also keep you well.
- **Thank you for allowing us to take care of you.** We promise to do our best.

## A word about the tests you just took....

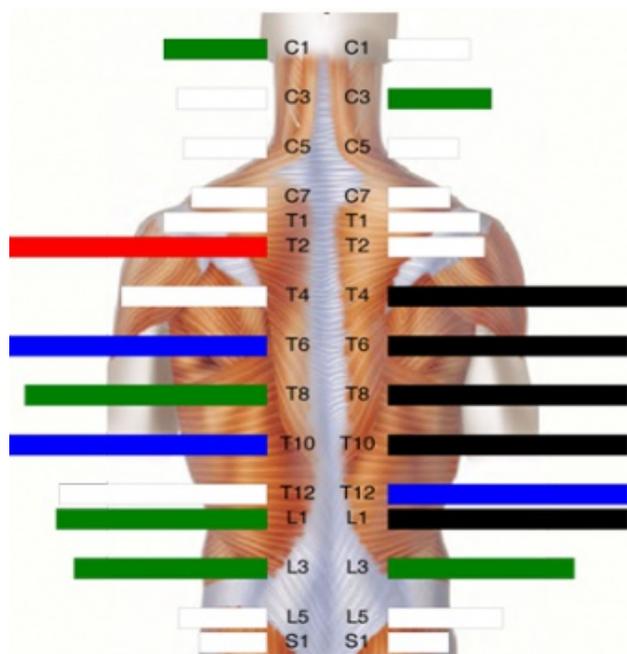
In order to give our patients the finest service anywhere, we use a number of diagnostic tests to help locate and correct nerve interference around your spine. This technology is the finest around, and we are pleased to announce that we are the only provider around to offer you this service.

Our focus as chiropractors is the function of your central nervous system(CNS). There are 3 primary branches of your CNS. One of them, the sensory nervous system, is probably what brought you in to our office. This is the branch that feels the pain. The more important branches of the CNS are the autonomic (controls your organs) and motor nervous systems (moves your muscles).



The thermal scanner (wheel) measures the difference in temperature on each side of your spine. Your skin temperature is controlled by the autonomic system. The autonomic system regulates the various functions of your body that you don't have to think about heart rate, breathing, organ function, skin temperature and much more. In other words, **IT'S VERY IMPORTANT TO YOUR HEALTH.**

According to published scientific research from Johns Hopkins University, if your results show that one side is hotter than the other, it is an indication that your autonomic nervous system is not working correctly. **A subluxation can cause this dysfunction.**

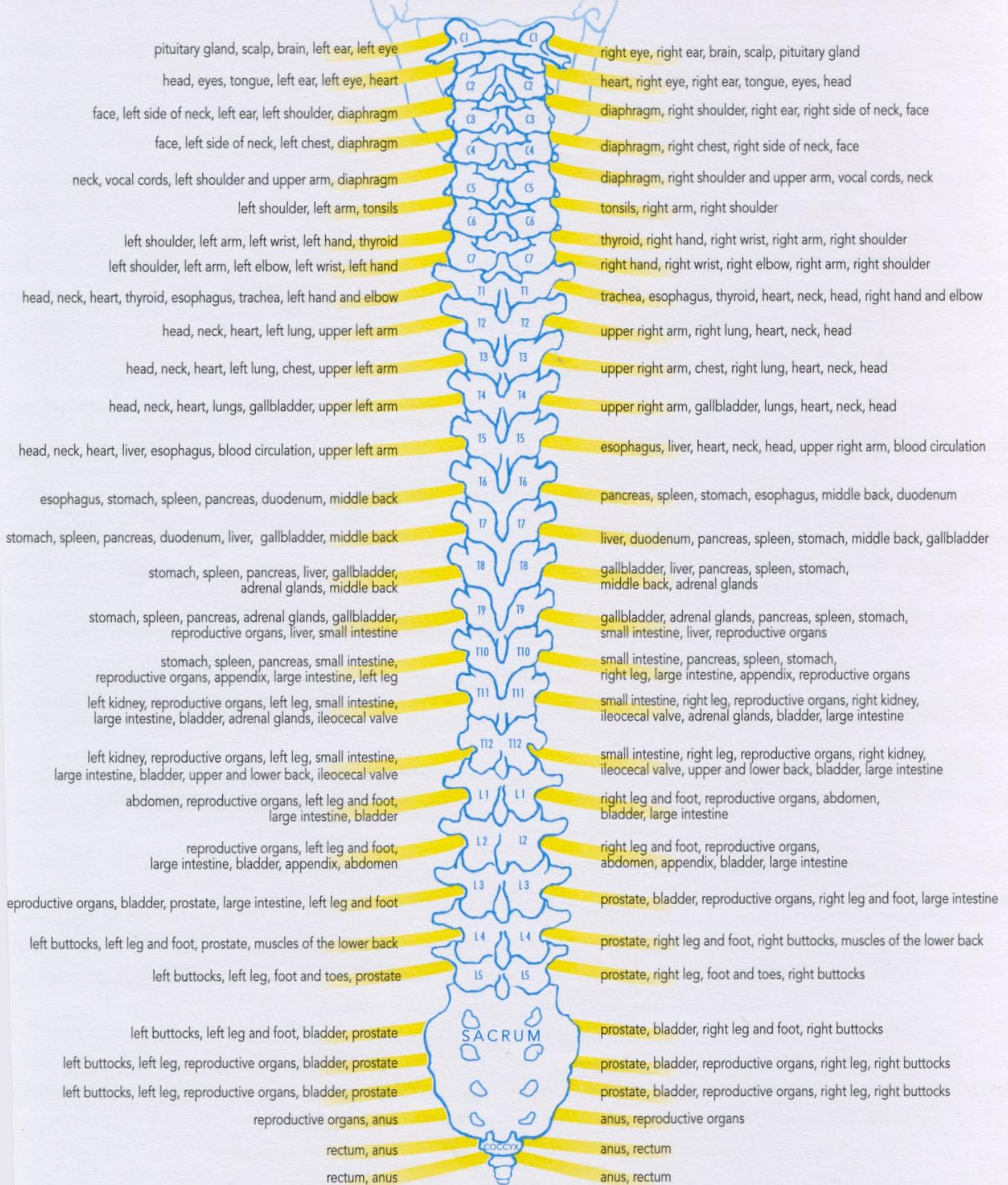


The next test, the Surface EMG (SEMG), measures small amounts of electrical activity. The more your muscles contract, the more electrical activity they generate. Our scanner measures this activity in microvolts or **one millionth of a volt**. The results give us 2 reports, amplitude (if your muscles are pulling too tight or not tight enough) and asymmetry (comparing one side of your paraspinal muscles to the other side).

Using these technologically advanced tests along with our x-ray and palpation will help us determine the root of your problem and aid us in giving you the best care possible. If you have any questions at all, please do not hesitate

to ask your doctor. We are here to help  
you in any way we can...

# Your Nervous System Controls Everything



The nervous system is complex. Only the most significant neurological relationships are shown. Many organs and tissues have multiple nerve supplies.

# The Tragic Effect of Uncorrected Spinal Malfunction

**M**any types of uncorrected stress to the spine can add to the relentless degenerative process associated with the Vertebral Subluxation Complex. When found elsewhere in the body, this process is also called osteoarthritis. In the spine it is referred to as Subluxation Degeneration.



## Few Symptoms Exhibited

This form of spinal decay is especially serious because pain or other obvious symptoms may not warn of its presence. However, some patients notice stiffness, "grinding" sounds when they turn, or have recurring pain. Like cancer, heart disease, or hypertension, considerable damage can occur by the time symptoms become obvious.



## The Hope of Correction

Instead of muscle relaxers or addictive pain pills, a better strategy is to help restore more normal position and function to the spine. Chiropractic doctors recommend this common sense approach. Specific chiropractic adjustments can help normalize spinal structure and function. This can help reduce or eliminate the body's need to "shore-up" the unstable joint with calcium deposits.

### Patient A

49-year old patient with advanced Subluxation Degeneration.



Patient A

### Patient B

75-year old patient with little or no Subluxation Degeneration.



Patient B

## The Promise of Prevention

It is thought that childhood traumas to the spine, such as learning to walk, falling out of bed, even natural childbirth, can start this process in motion. Ignored, or passed off as merely "growing pains", the tragic consequences can appear



# Subluxation Degeneration

Use these views of spinal decay for comparison if diagnostic imaging was performed as part of your examination.

### textbook normal

**Physiology** — Normal curves with equal disc spacing. No visible signs of degeneration.

**Prognosis** — Regular chiropractic checkups are recommended for early detection and prevention of spinal decay.



### phase one

**Physiology** — Misalignment and malfunction with soft tissue damage and nerve irritation.

**Prognosis** — Return to near normal may be expected with appropriate chiropractic care.



### phase two

**Physiology** — Disc narrowing, calcium deposition, bone spurs and nerve irritation.

**Prognosis** — Slowing or stopping may be expected with appropriate chiropractic care.



### phase three

**Physiology** — Joint immobilization, bone fusion, nerve atrophy and scar tissue.

**Prognosis** — Slowing or stopping may be expected with appropriate chiropractic care.



neck

mid-back



lower back



***25 Vital Health Answers  
That Will Help You  
Determine If  
Chiropractic Care Is For  
You!***



## **Before we begin...**

Thank you very much for taking the time to learn more about your body, how it works, and if chiropractic care is for you. There is much misinformation floating around regarding chiropractic. The information inside these pages should clear up any confusion you may have.

## **Chiropractic is based on two fundamental principles:**

1. **Our body is a self-healing organism.** Simply stated, if you cut your finger it will heal itself perfectly from inside-out (rather than outside-in with drugs, lotions and potions). That is because there is an intelligence within the body that knows exactly what every one of your cells need every second of your life.
2. **Our nerve system controls every aspect of our body.** If you cut the nerve to your tooth, the tooth will die. It doesn't matter how much you brush it, fluoride it, or go to the dentist. Without a proper nerve supply to your organs, tissues and cells, your body simply can't function properly and sickness or disease can result.

These two principles have been known to man for thousands of years and will always hold true. ALL of chiropractic science, art and philosophy is based off this.

These next few pages will answer the most commonly asked questions that people have about chiropractic.

We hope that you enjoy learning more about how your body works and how you can help it get and stay healthy naturally.

If you decide that chiropractic is for you, we encourage you to visit our website at [www.CLAHealthCare.com](http://www.CLAHealthCare.com) and learn how you can save up to 50% on all your chiropractic care for you and your family.

Yours in health,

The doctors at Chiropractic Lifecare of America

# 25 Vital Health Answers That Will Help You Determine If Chiropractic Care Is For You

## 1. How Does Chiropractic Work?

Chiropractic works because you are a self-healing, self-regulating organism controlled by your nerve system. Trillions of instructions flow from your brain, down the spinal cord and out to every organ and tissue. Signals sent back to the brain confirm if your body is working right.

Improper motion or position of the moving bones of the spine, **called a subluxation**, can interfere with this vital exchange by irritating nerves and compromising the function of the affected organs and tissues. Specific spinal adjustments can help improve mind/body communications. Health often returns with improved nervous system control of the body.



## 2. Do I Have a Slipped Disc?

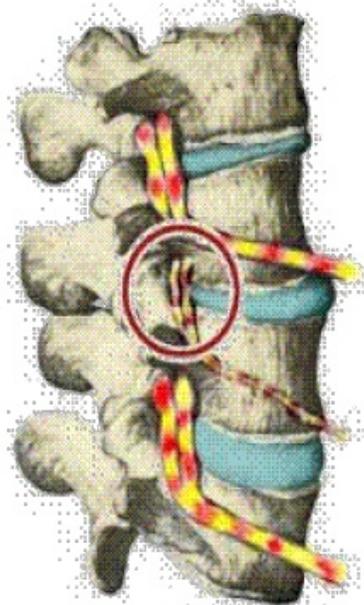
Between each pair of spinal bones is a disc. Its fibrous outer ring holds in a jelly-like material. This soft center serves as a "ball bearing" for joint movement. Because of the way it attaches to the spinal bone above and below it, a disc can't actually "slip." However, a disc can bulge. It can tear. It can herniate. It can thin. It can dry out. And it can collapse. But it can't slip.

## 3. Do I Have a Pinched Nerve?

A pinched nerve is rare. It is more likely that an adjacent spinal bone irritates, stretches, rubs or chafes a nerve. These subluxations distort the nerve messages sent between the brain and the body. This can produce unhealthy alterations to the organs and tissues connected by the affected nerves.

In fact, the weight of a dime at this vital area of the nerve root can reduce the function of that nerve up to 60%!

This is truly the focus of the chiropractor's work.



#### 4. How Do You Get Subluxations?



There are three basic causes of subluxations. Physical causes could include slips and falls, accidents, repetitive motions and improper lifting. Emotions such as grief, anger and fear can cause subluxations. Chemical causes could include alcohol, drugs, pollution and poor diet.

#### 5. How Do I Know If I Have a Subluxation?



You can have subluxations and not even know it. Like the early stages of tooth decay or cancer, subluxations can be present before warning signs appear. The results of a thorough examination can show the location and severity of subluxations you may have.

#### 6. Can Subluxations Clear Up On Their Own?

Sometimes. Today's hectic lifestyles are a constant source of subluxations. Fortunately, our bodies have the ability to self-correct many of these problems as we bend and stretch, or when we sleep at night. When subluxations don't resolve, a chiropractor is the only trained professional that can remove them.

#### 7. What Is An Adjustment?



Chiropractic adjustments usually involve a light, quick thrust that helps add motion to spinal joints that aren't moving right. Some methods use doctor's hands, an instrument, a special table or the forces of gravity. There are many ways to adjust the spine. Most chiropractors specialize in scientific, specific and painless adjustments.

## **8. Are Chiropractic Adjustments Safe?**

Yes. A New Zealand government study found that adjustments are "remarkably safe." By avoiding drugs and risky surgery, chiropractic care enjoys an excellent track record. A thorough exam can identify the rare person for whom chiropractic care might be unsuitable. Compare the statistics. Adjustments are about 100 times safer than taking an over-the-counter pain reliever.

## **9. Will Adjustments Make My Spine Too Loose?**

No. Only the spinal joints that are "locked up" receive adjustments. This allows weakened muscles and ligaments to stabilize and heal.

## **10. Can The Bones Move Too Much?**

A chiropractic adjustment is special. It has the right amount of energy, delivered to an exact spot, at a precise angle, at just the right time. The intent is to get a "stuck" spinal joint moving again, helping to reduce nerve interference. Years of training, practice and experience make chiropractic adjustments specific and safe.

## **11. What Makes The Sound During The Adjustment?**

Lubricating fluids separate the bones of each spinal joint. Some adjusting methods can produce a sound when the gas and fluids in the joint shift. It's much like opening a bottle of champagne or removing a suction cup. The sound is interesting, but it isn't a guide to the quality or value of the adjustment. And if you don't like the noise, just tell the chiropractor. There are many ways to give the adjustment without any noise.

## **12. Are All Patients Adjusted The Same Way?**



No. Each patient's spine and care plan is unique. With 24 moving bones in the spine, each of which can move in seven different directions, we see a wide variety of spinal patterns. Each patient's care is custom-tailored for his or her age, condition and health goals.

## **13. Can I adjust myself?**

No. Some people can make their joints "pop," but that's not an adjustment! Worse, damage can occur by mobilizing a joint with weakened muscles and ligaments. Adjustments are specific and take years to master. Even your chiropractor must consult a colleague for an adjustment to benefit from chiropractic care.

#### **14. How many adjustments will I need?**

The number of adjustments varies with each patient and his or her individual health goals. Many patients sense progress within a week or two of frequent visits. Visits become less often as your spine stabilizes. In chronic cases, complete healing can take months or even years.

#### **15. Why do newborns get adjustments?**



Even today's "natural" childbirth methods can affect an infant's spine. Preliminary studies suggest that colic, unusual crying, poor appetite, ear infections, or erratic sleeping habits can be signs of spinal distress. Pediatric adjustments are gentle. Knowing exactly where to adjust, the doctor applies no more pressure than you'd use to test the ripeness of a tomato.

#### **16. Can I have Chiropractic care after back surgery?**

Absolutely. Rest assured that your chiropractor will avoid the surgically modified areas of your spine. Surgery often causes instability above or below the involved level. These areas will be the focus your chiropractic care.

#### **17. Can patients with Osteoporosis Get Chiropractic Care?**



Of course. When developing a care plan, your chiropractor considers the unique circumstances of each patient.

There are many ways to adjust the spine. The method selected will be best suited to your age, size and condition.

#### **18. How Long Until I'll Feel Better?**

Some patients experience almost instant relief. Others discover it can take many weeks or months. Many factors can affect the healing process. How long have you had your problem? Are you keeping your appointments? Are you getting the proper rest, exercise and nutrition? Do you smoke? Are you in otherwise good condition? Within a short period of time, most patients sense enough progress to fully carry out their doctor's recommendations.

#### **19. How Long Will I Need Chiropractic Care?**

After patients get the relief they want, many choose to continue with some type of periodic care. These patients show up for their visits feeling great. These visits can help support the final stages of healing and help detect and resolve new problems before they become serious. Our job is to offer the very best care and your job is to decide how much of it you want.

## 20. Will I Receive Any Medication For My Pain?



No. Chiropractors don't dispense drugs. Because we rely on natural methods, we can show you how to use ice to control painful symptoms. When properly applied, ice can have an analgesic effect without the side effects of pain medications.

## 21. Why Don't Medical Practitioners And Chiropractors Get Along?

That's changing. Years of prejudice and bias are giving way to research showing the benefits of chiropractic care. Attitudes are slow to change. However, as the public demands alternatives to drugs and surgery, more and more medical practitioners are referring patients to our office.

## 22. What If My Policy Doesn't Cover Chiropractic?

Your health affects everything you do and everyone you know. It is your most valuable possession. Yet, each of us is free to place a different value on your health. It's convenient when an insurance company or third party helps pay the bill. But be careful! Don't allow the profit motive of a huge corporation to make the decision for you. Find out how we make chiropractic care affordable for just about anyone.

## 24. How Much Will It Cost?

Every doctor's office is different. Some accept insurance while others are cash only. Most offices will always work with you if you are serious about getting healthier. You need to discuss the finances up front with your doctor before beginning care so there are no surprises.



If you would like to learn how to save up to 50% on all your chiropractic care, please visit [www.CLAHealthCare.com](http://www.CLAHealthCare.com).

## 25. How Can I Find A Good Chiropractor?

Chiropractic Lifecare of America has a network of qualified doctors across the country who are dedicated to getting affordable chiropractic care to you. Visit our website at

[www.CLAHealthCare.com](http://www.CLAHealthCare.com) to find a doctor in your area. There is no charge for this service.

If you have questions we haven't answered here, please call us at (800) 775 -7900 and a qualified doctor will be happy to speak with you. We know that the more you learn about chiropractic, the more confidence you'll have that it will work for you. It's safe. It's natural. And it works! It's a simple idea that has stood the test of time and helped millions enjoy better health and fuller potential.

Don't allow drugs and surgery to dominate your life. Become proactive and try chiropractic today. You'll be glad you did.

Check your letter for the preferred doctor(s) in your area. If you have any questions, please call us at (800) 775-7900.

