

# Chiropractic Natural Health Associates

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## Top Ten *MYTHS* about Chiropractic:

### 10) "Chiropractors aren't REAL doctors; they're just quacks."

Today's Doctor of Chiropractic is well educated. To graduate with a Doctor of Chiropractic degree, each is required to complete **6-8 years of college** education, including over 4,500 classroom hours of health-specific sciences (MORE THAN the average Medical school curriculum!). **Doctors of Chiropractic are the most educated general physicians in the areas of anatomy, nutrition, and neurology.** Upon graduation they, like other doctors, must pass rigorous National Board Examinations and then demanding state testing before being granted the privilege to practice. In addition, our doctors attend postgraduate seminars to stay current on the latest scientific research.

### 9) "It HURTS."

Like lifting a heavy rock off your toe, most patients report their chiropractic adjustments actually feel good! Although our doctors use **the most gentle, state-of-the-art techniques available**, any time there is inflammation there may also be slight tenderness. Be reassured that EVERYTHING POSSIBLE is done to minimize the patient's discomfort.

### 8) "Insurances don't pay for chiropractic, so it costs too much."

Over 200 insurances covering Chiropractic care are already in our computer, and yours may be one of them! Specific details such as type of coverage, deductibles, and limitations can be given over the phone in most cases with a call to the office. For those with no insurance, an initial visit at \$95 or less, & flexible payments (using major credit cards & personal checks) make our reasonable fees even friendlier.

### 7) "Once you start you have to go for the rest of your life."

The GOOD NEWS is that in our office, you'll come in for the FEWEST visits necessary to correct the problem! We use sophisticated techniques so your body tells us how much care you need and how often. People also confuse *maintenance care* with the care that is required in *correcting* a problem. The treatment seems similar, however, maintenance care is optional (like changing your car's oil). **Our patients** are always given the options and consequences and asked to **make their own decision** on what care they desire. Like dental checkups, once patients experience the value of chiropractic many choose to continue. **You're ALWAYS the boss!**

### 6) "I don't want to go because you have to take your clothes off for the doctor."

Any examination we perform is done with the patient fully clothed. AT NO TIME will you have to disrobe for the doctor. If x-rays are necessary, you can choose from a traditional gown or warm cotton sweatsuit.

### 5) "I'm too old (or young) for Chiropractic to help."

Significant spinal trauma is usually subtle and can occur at ANY age (especially during the birth process!). Naturally, chiropractic adjusting procedures are modified for the specific person's condition and age. Chiropractic has been shown to be helpful with most 'normal' childhood health problems from colic to scoliosis, and is effective in reducing many causes of arthritis!

### 4) "I don't like that cracking sound- what if he breaks my neck or hurts something?"

The studies of both the New Zealand government and the Canadian government stated that "**Chiropractic is 'remarkably safe. Chiropractic Adjustments are about 100 times safer than taking an over-the-counter pain medication.**" In addition, we use the most **state-of-the-art techniques in our clinic** to ensure the fastest healing in the safest manner. (Incidentally, you won't get to hear any 'cracking' or 'popping' noises with our treatments! The sound is unnecessary for correction and isn't produced with our adjustments).

### 3) "Chiropractors are only for bad backs. I have a different problem."

Chiropractic is based on the scientific fact that your body is self-healing. ALL body functions are controlled by the brain, spinal cord and the nerves of your body. If the cause of your condition is due to an irritation or pressure on a nerve, Chiropractors are the **ONLY** doctors trained to remove this pressure. Since the problem commonly occurs in the spine, Chiropractic physicians have been mistaken as 'back doctors'.

### 2) "I couldn't go -- my friend had this bad experience with a chiropractor..."

There is no denying that every profession has bad apples. For this reason we offer Consultations for you to interview the doctor, and even an Evaluation of your condition **AT NO COST**. No doctor can guarantee results, but we can (and WE DO) guarantee that you'll be **absolutely delighted** with our **outstanding service** to you!

### 1) "It's like any doctor's office; you wait for hours to see the doctor."

We recognize that emergencies are never planned, and to serve you best we reserve time for new patients and emergency care EVERY DAY! In addition, we provide you with 24 hour emergency phone numbers so you can contact our doctors any time, day or night. And with our "No Wait" policy, with a scheduled appointment you may never find out what great health magazines & games our reception room has!!