



Top Ten Questions Answered

Congratulations on wanting to learn more about living well. I am honored that you're taking the time to investigate Whole Health Chiropractic on your journey towards health and well-being.

1. What is Chiropractic?

Chiropractic is a health science based on correcting interference in the nerve system. This interference is caused by physical, chemical, and emotional stress. Specific, gentle chiropractic adjustments remove that interference so your body will function at its optimum potential (that means you will be the best YOU ever).

2. What is an adjustment?

A specific, non-invasive "thrust" delivered by an instrument called the Arthrostim, or a thrust delivered by hand which is called a "manual adjustment." It's fast and non-painful. The purpose of the adjustment is to remove nerve interference from your body.

3. Will my adjustment hurt?

No! The Arthrostim, a hand-held electric instrument, delivers a quick burst of short thrusts at a frequency of 12 per second, so all you will feel are highly effective, light rapid "taps" and hear a sound like a woodpecker. We have safely adjusted tiny children a few hours old right up to practice members ninety-five years or older with this instrument. We also employ manual adjustments, when indicated clinically (or if preferred by the practice member) which are safe, gentle, and they feel good too.

4. Can you help my sick child?

I help lots of children, which makes their parents rave about their healthy child. Children respond incredibly well to chiropractic care. Schedule an appointment to have your child checked to see if I can help them.

5. How many times do I have to come?

That's easy . . . come as often as you want to heal, feel great, defy age, and live pain-free! Because each individual is unique on every level, it's difficult to know how many times you will need to be adjusted in order to reach each of your health goals. For practical purposes we can estimate your initial schedule, but that is subject to change according to your rate of progress and goals. One thing is for sure: YOUR goals and expectations will determine your care plan – frequency and duration.

"Thank you! Dr. Laura's personal attention to my individual issues and her direct assessment and treatment of them has been awesome! I appreciate the communicative nature and easy-going approach Dr. Laura has been able to offer me during my care. Dr. Laura pays personal and individual attention to each and every client. She and her team make Chiropractic care something you can understand and look forward to moving forward with to continue to improve your quality of life. You are fantastic!"

- Nicole B.

6. Will I feel better after getting adjusted?

Your care is unique to YOU, and how your body heals and responds is also unique. Most people are very happy with the results of chiropractic care. Many of them feel relief from pain almost immediately after an adjustment. It's also possible that the pain may require several to many adjustments to fade. Rarely, a small percentage of people may experience a temporary increase in their symptoms before they start to get better. No matter what course your recovery takes, you should also know that beyond the removal of your symptoms, chiropractic care offers an opportunity for much greater overall health, if you choose to use it for that purpose as well.

7. Will chiropractic care be expensive?

That depends on how you define "expensive". You are always in control of your finances. We won't spend a dime of your money without your permission. Is it going to require more of your money than an over-the-counter or prescription drug? Probably so. Is it as expensive as surgery or a life surrendered to drugs and their side effects? Definitely not. Considering the benefits, the experience at this office, the all inclusiveness of our services, and the cost of providing you with the best health care, our fees are very reasonably priced. We have an array of financial options so you can save money on the care you deserve. Ask us for details.

Investing in your health is of priceless value because without your health, not much else matters. When you're unhealthy you can't work; your relationships suffer; you miss out on life's golden opportunities; and you're robbed of fully experiencing this world.

8. What services do you offer?

We offer the most personalized supportive chiropractic care possible including state-of-the-art diagnostic scans; cutting edge chiropractic adjustments utilizing the Arthrostim instrument or manually-delivered by hand; FREE weekly health talks, and a true community of practice members who care about their health and the well being of those around them, to encourage and support you on your own journey towards well-being.

9. How long will it take to get adjusted?

Even the busiest practice members commit to making chiropractic care a priority in their lives and find the benefits well worth their time. Your adjustment may take between three and eight minutes. That's it! If however, you want to schedule extra time, one-on-one to talk about a particular issue, just ask and we will schedule appropriately.

10. What if I feel fine? Do I need to keep coming back?

That is always up to you. The truth is that those who stop care when they are "feeling fine" often return later with the same problem, only it's sometimes worse. On the other hand, those that commit to regular care find their problem rarely returns: as well, they enjoy a higher quality of life and health. If regular chiropractic care keeps you "feeling fine", why would you choose to stop doing what's working for you? It's kind of like this: if your teeth feel fine, do you stop brushing them?