

# OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Wayne Terai

## Spring Into Wellness With Chiropractic

*Aaah spring, that glorious season when birds start singing, flowers start blooming and the sun starts shining. Spring is a time for new life and new beginnings — a time to start over. This spring, why not give new life to your health care? If you've been struggling with getting and staying fit, spring is the ideal time for you to start anew in your quest to get healthy.*

*So, what can you do to start embracing wellness this spring? Consider preventive chiropractic care. Chiropractic is the perfect vehicle to help you finally get healthy and stay that way. Read on to learn how you can start over with the help of Dr. Terai — who will assist you in gaining a fresh approach to wellness and springing into optimal health.*

### Turn Over a New Leaf

Do you seek health advice only when you are ill? Are you doing “damage control” every time you get sick or injured, while ignoring what’s causing your health problems? Does constantly nursing the same symptoms, rather than confronting the underlying cause, frustrate you? If you answered “yes” to any of these questions, you’re not alone.

Millions of people are stuck in the traditional “sick care” model of health care, a system that focuses on disease rather than prevention. The good news is that this antiquated system is slowly being replaced by a more personal,

wellness-oriented approach. And, chiropractors are in the forefront of this health-care revolution.

This year, chiropractic will help thousands of people reach their optimal health and peak performance. Why is chiropractic such an effective health-care tool? Because chiropractors look at the whole person — not just isolated symptoms.

Dr. Terai identifies the root of the problem rather than simply “covering up” pain with potentially harmful drugs. By focusing on causes rather than symptoms, regular chiropractic care provides long-lasting solutions to patients’ health issues.



### Flourish Without Spinal Dysfunction

Doctors of chiropractic believe that spinal health is the cornerstone of a wellness-oriented lifestyle. As prevention specialists, chiropractors focus on removing spinal barricades: the roadblocks to getting — and staying — healthy. Specifically, Dr. Terai works to eliminate problems in the spine that restrict movement or force bones out of alignment. These dysfunctional areas are known as *vertebral subluxations*.

How do vertebral subluxations affect your health? Scientific studies indicate that this disorder can predispose you to a plethora of conditions, including back and neck pain, headaches and osteoarthritis. And, ongoing research suggests that vertebral subluxations may be linked with reduced immunity, impaired nervous-system function, gastrointestinal disease, high blood pressure and other disorders.

Dr. Terai eliminates vertebral subluxations through techniques called *chiropractic adjustments*. These gentle, safe and effective maneuvers restore motion to restricted areas of the spine, while fostering optimal alignment and posture.



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## Still Not Convinced?

Do you . . .

- Often feel too worn down at the end of the day to spend quality time with family and friends, resorting instead to "vegging out" in front of the television?
- Frequently experience headaches, neck pain or backache?
- Feel overwhelmed by repeatedly failed attempts to get and stay in shape?
- Eat foods that you know aren't good for you because you're confused by conflicting nutritional reports and just don't know where to start?
- Resort to guzzling coffee or soda to combat fatigue?
- Take over-the-counter painkillers?
- Often feel "wound up" or over-stressed?
- Worry that your lifestyle may be negatively affecting your health?
- Want to take steps now that will slash your risk of disease and probably extend your life?
- Feel sick and tired of complaining that you "should" make your health a priority and are finally ready to commit to your own well-being?

If you answered "yes" to any of the above questions, the tremendous benefits of chiropractic care may be just what the doctor ordered.

In addition to repairing existing problems, chiropractic care can ward off future disorders. To this end, your chiropractor may suggest postural modifications or exercises aimed at averting vertebral subluxations.

### Discover the Nature Within

It's difficult to ignore the marvel and might of nature during spring. The principles of chiropractic have always reflected a unique respect and understanding of the power of nature, specifically the way it works within us.

Chiropractic is a philosophy of health care that teaches that the body has a natural, inborn capacity to heal itself. When stress, environmental pollutants and other disruptive forces invade our lives, this natural protective mechanism may be disturbed, resulting in disease.

This chiropractic office seeks to help patients identify and eliminate obstacles keeping them from functioning "naturally."

### Go Natural

Get back to nature this spring — schedule an appointment for a chiropractic checkup and explore natural alternatives to drugs.

Why do doctors of chiropractic prefer natural alternatives? Because some medications may upset the body's natural balance, mask the underlying cause of health problems and produce dangerous side effects.

The doctor may also recommend other natural remedies, such as massage, exercises, stress-reduction techniques, nutritional supplements, herbs and homeopathy.

### Warm Up to a Personal Approach to Health Care

At this chiropractic practice, we pride ourselves on taking a personal approach to patient management.

We are committed to caring for all patients with respect and to taking

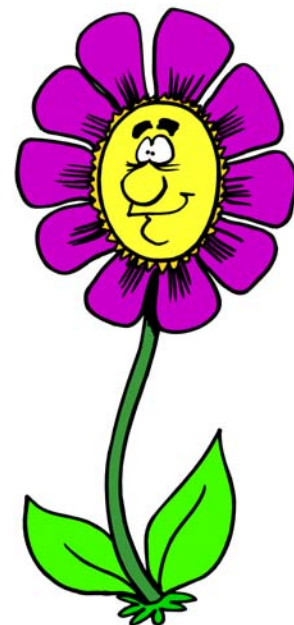
time to familiarize ourselves with patients' particular health-care needs.

We know that all patients have unique concerns and problems. That's why so many patients report that they feel extremely at ease and satisfied with their care.

All patients deserve doctors who care about their individual health needs. This spring, schedule a consultation for a chiropractic checkup.

This spring, while natural forces are flourishing outside, take an important step toward optimal health by embracing chiropractic and connecting with the natural force within you. Tap into the energy of this wondrous season and pledge to overcome your health concerns.

Spring into health and spring into life — discover chiropractic.



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