

## TOP 5 REASONS FOR REGULAR WELL CARE VISITS

1. **HEALTHIER JOINTS, SPINE AND NERVOUS SYSTEM. YOUR JOINTS SHOULD LAST AS LONG AS YOU DO!**
2. **GREATER SENSE OF WELL BEING WITH LESS PAIN = A BETTER QUALITY OF LIFE.**
3. **MORE ENERGY WITH A BODY THAT IS FUNCTIONALLY SOUND.**
4. **MORE RESTFUL SLEEP. A WELL RESTED BODY IS IMPORTANT.**
5. **MORE PRODUCTIVE AT HOME, WITH FAMILY AND WITH YOUR LOVED ONES.**

**P**ain is a huge motivator for coming in for chiropractic care. Staying healthy after you have invested your time and energy reaching your health goals is of equal importance.

When you are in pain, and you cannot get comfortable or even sleep well, you will do almost anything for relief. For those of you who have experienced this, as you found out, our office will do everything to help you get relief as fast as possible.

Those who have chosen chiropractic often have done so after drugs, and many other methods have failed to offer them a long term effective solution. Many people who have been down this road have suffered even longer. Unfortunately, they often

forget what they have learned from the experience as they improve and their priorities change from pain relief to normal life.

**W**hen people become patients in our office, they find out that the reason they are in pain often has to do with the way they are built. In other words, their body style has a lot to do with why they suffered from an acute injury or chronic pain. Body asymmetry is the common ingredient in those who suffer with chronically painful problems in the muscles and joints of the body including the spine. It is also a common trait shared by those who realize how beneficial chiropractic is. This is

the reason entire families visit their chiropractor regularly; you and your family including uncles, aunts, siblings all share certain genetic traits that actually determine who is more likely to experience chronic pain, have bad knees, backs, necks and other problems afflicting them and the way they function.

If you take a close look at your family members, they not only look like you but are also in many ways, are built like you as well. This is why so many people refer their families and bring their children in for chiropractic care. They understand the knee, hip, back, neck and other problems their children and other family members experience are related to the way their bodies are shaped and that the chiropractor will look at them as a whole, not just the part (s) that are in pain. Genetics; you can run but you cannot hide. You get your good looks from your parents but unfortunately, you get the less desirable traits too!

**F**or those of you over 40, your body does go through some permanent changes in the discs of the spine and body joints requiring better maintenance as you age. If you care for it, it will care for you. There are simply too many people who reach their later years requiring replacement joints and suffer from

chronic pain that could have been either prevented or greatly reduced in severity. Knowledge is power and by learning about how the body really works, how genetics affects not only who we are, what we look like and how we function, you can significantly improve your odds of living a pain free life without needing to replace parts, some of which are not replacable when they succumb to breakdown created by poor body function. Periodic chiropractic care should be a regular part of your program for staying healthy once you complete your course of care for the condition (s) that introduced you to our office in the first place.

**W**hen a person has been released from care, I remind them of the importance of coming in periodically because it keeps them healthier, out of pain and more productive. This is not any different than the preventative care that your dentist gives. The goal is to prevent further degeneration, disease and loss of function, especially as you age. Many older people who have had knee replacements or other chronic degenerative conditions would gladly have done things differently if they know of a better way of living. Fortunately, you now do! Periodic well care visits are essential and are an insurance policy for your body to func-

tion at its best capacity.

In the ideal body, our joints should last a lifetime. Regular Chiropractic care, along with the continuing to follow our recommendations of wearing your foot orthotics (if recommended), eating properly, nutritional supplementation and periodic exercise is the best formula for growing older gracefully.

**W**e make it easy for you to keep yourself regular with chiropractic care. Ask our staff to schedule you for your follow-up and be sure to place the appointment in your scheduler, pda, or other device you use for appointments. We will send you a post card a few days before and give you a reminder card. The rest is of course easy. You only need to visit the office at the scheduled time.

*For further information, call*



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# WELL CARE



# PROTECT YOUR INVESTMENT IN YOU