

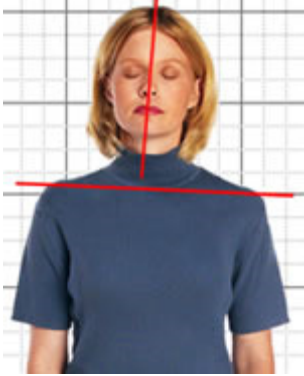
## Could Chiropractic Help You?

Your nervous system controls and regulates every cell of your body. When your nervous system doesn't work right, you don't work right. And when you don't work right, you're sick! Simple as that.

Nerve compromise can result from postural distortions that are easily revealed with a few simple tests. We've simplified them so you can conduct them at home with a minimal amount of time, equipment and training. Naturally, they aren't a substitute for a professional evaluation.

Simply study the pictures, follow the directions and conduct the tests. If the results indicate that you or a loved one is a good candidate for chiropractic care, contact Advanced Family Chiropractic to arrange a thorough examination in our office immediately. Neglected, spinal problems worsen and make correction more difficult and expensive later.

A great place to begin is to notice postural distortions that show up in the head, neck and shoulders:



Anterior Posture

Notice if one shoulder is higher than the other or if the head tilts to one side. Both could be indications of the types of problems that respond nicely to chiropractic care.



Lateral Posture

A common problem is a forward leaning head. Besides a source of fatigue, this is a common sign of neurological compromise in the neck, shoulders and into the arms and wrist.