

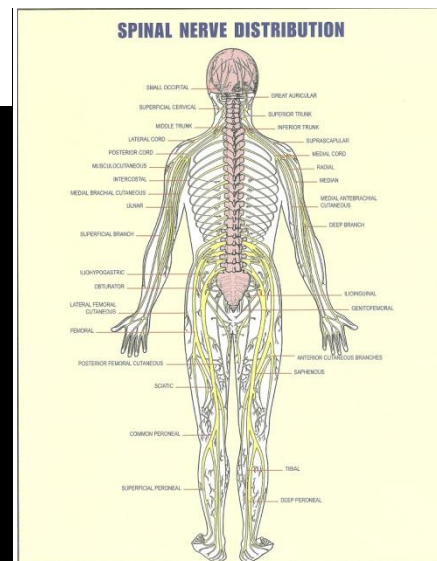
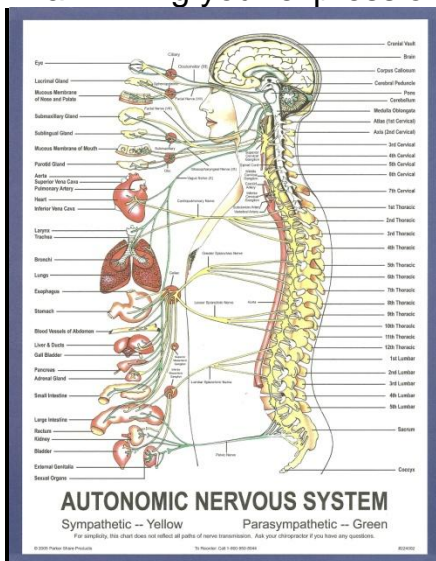


# LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

## GRASPING THE 'BIG IDEA'

- You are more than your body. There is a Life Energy inside of you and all living things. We call this your Life Force or Innate Intelligence.
- Your body is constantly changing. Every day you either get a little stronger, or a little weaker.
- The strength and health of your body is determined by how fully you are expressing your Life Force.
- Three things are necessary to maximize the expression of your Life Force in your body and grow stronger every day: 1) A Positive Focus; 2) A Healthy Lifestyle; 3) A Clear neurological CONNECTION between your brain and your body.
- In order to maintain a clear brain-body connection, your spine must be aligned and functioning optimally.
- The purpose of your chiropractic care is to help you regain and maintain optimal spine and nerve system function, so that you have the BEST chance of growing stronger every day, and maximizing your expression of health and life.



**\*\* Who do you know that could benefit from Chiropractic Care? \*\***

## SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪