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**LAKELAND**  
CHIROPRACTIC

YOUR INNATE POTENTIAL

Now accepting new patients.

**Get your spine and  
nervous system checked today!**

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## It's all about Prevention

From the middle ages throughout the 19th century, dentistry was not a recognized profession in itself. There really was no common practice of prevention among society. When your pain became too great to deal with, you had a general physician or even the town barber remove the cause of pain, i.e. your problem tooth.

Throughout modern history, dentistry became a profession in itself and science began to prove that prevention was the key to keeping your teeth & mouth healthy. The nature of visits to the dentist shifted from emergency care/pain relief/tooth extraction to regular maintenance checkups.

It was established that brushing & flossing your teeth every day was a personal responsibility. People were educated as such and regular visits to the dentist would serve as checkups to help with any problems outside the patient's ability to care for it by themselves.

Today, we engage in many different levels of preventative care for ourselves. We are taught that brushing our teeth every day will prevent cavities, eating a healthy diet and exercising regularly will prevent disease and saving money for retirement will prevent running out of money when we can no longer work. To help us along the way, we invest in time with our dentists, doctors, and financial planners for "checkups."

This is where Chiropractic comes into play. Yes, your chiropractor is certainly capable of helping you during situations of emergency care and pain relief related to your spine. However, your spinal health is your own personal responsibility. Maintaining good posture, getting adjusted, stretching, exercising and avoiding dangerous habits can all help you protect your spine. However, most people don't realize that if you have a misalignment of the vertebrae or spinal segment, your chiropractor is the only person who focuses primary attention to correcting it.

Subluxations are vertebral misalignments of the spine and can pinch or squeeze a nerve, disabling messages that travel from the brain through the spinal cord to every living tissue in the body. When your chiropractor adjusts your spine to remove subluxations, he or she is helping the body restore messages between the brain & body, which can help prevent abnormal function.

Chiropractic care is quite affordable and serves as a preventative investment for your and your family's future health. The results are amazing and the research is there to prove it.

When was the last time you had your spine checked? What about your children? Call Lakeland Chiropractic today for a free consultation and spinal screening or visit us during one of our special events to learn more.

### ~~~~~ Wednesday, October 23 – 6:30 pm // Dinner with the Doc ~~~~~

Cracked Shoe Coffeehouse • 221 South Main Street • Cedar Grove  
\$5 soup & sandwich buffet

Join us for the opportunity to learn about natural health in a relaxed, informal setting. Dr. Dirk will speak & answer questions.

### ~~~~~ Saturday, October 26 – 10:00 am-Noon // Kids' Day – Lakeland Chiropractic Office ~~~~~

Open to the public • Pumpkin Carving Contest • Costume Contest

"Bring a Friend" - Complimentary Spinal Screenings & Posture Analysis