

## Our Mission

*Our mission is to quickly and effectively aide in the restoration of your body's ability to properly function.*

*We are a diverse chiropractic organization that incorporates many different aspects into your care.*

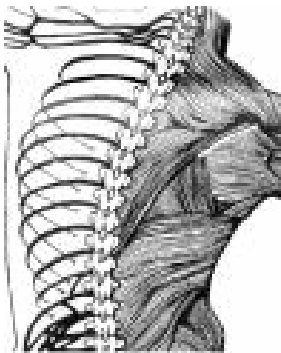
*Extremity Adjusting*

*Functional Rehabilitation*

*Massage Therapy*

*Aqua Chi Therapy*

*Nutritional Guidance.*



## “CHIRO 2 GO”

So you can not make it to us... we will come to you. Traveling chiropractic care and massage therapy may be available to you or your group.

### **American Athletic Club Centers**

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*Keep your life line  
aligned with chiropractic  
care....*

**Dr. Jon C. Holt  
Dr. Tammy L. Holt**

Chiropractic Physicians

&

**Associates**

**[www.life-line-chiropractic.com](http://www.life-line-chiropractic.com)**

# So who needs a chiropractor?

By now you have at some point in time heard about someone going to a chiropractor. And I am sure that you are asking yourself, "Do I need to see a chiropractor?". Nothing hurts, I feel fine..... Well ask yourself these questions:

**Have you ever within the last 6 months experienced in even a small way from:**

Neck shoulder or low back pain

Headaches Fatigue or Insomnia

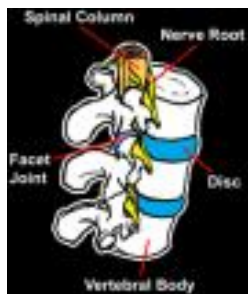
Stomach Bowel or other GI trouble

**Yes.... Then chiropractic care in conjunction with other therapies may be the answer for you.**

Why?

## Chiropractic is.....

The main focus of study is on the nervous system, brain and spinal cord., including but not limited to the entire body.



Chiropractors are trained to find areas of the body that are in distress due to bony misalignments causing and aiding to the disease process.

## What is an Adjustment?

An adjustment is the scientific art of finding and correcting vertebral subluxations.

Chiropractic adjustments of the spine and the extremities are detectible through a variety of diagnostic tools .



Even she knows the benefit of an adjust-

## Some Important Facts :

1. The weight of a dime (10 cents) can lead to a loss in nerve function by 60%....what if this is the nerve that controls the heart?
2. Adjustments do not hurt, but may be uncomfortable for a day or two... This is the same reaction that one gets when they go to the gym for the very first time.
3. Contrary to popular belief chiropractic does not make you come

**The bearer of this brochure is entitled to a no obligation consultation with the doctor .**

**You owe it to your health and your family to be checked .**