

Doctor's Orders Brochure Transcript

page 1 of 2



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Header: Doctor's Orders

Subhead: HOW TO GET THE MOST FROM YOUR CHIROPRACTIC CARE

FOLLOW THESE GUIDELINES

We rarely think about our health until it interferes with our lives in some way. Then, our goal is to get well as quickly as possible!

Achieving optimum chiropractic results depends upon a unique partnership between you and your doctor. Your doctor will use years of training and experience to locate and help correct spinal malfunction. You will be expected to follow some simple suggestions to create the best possible circumstances for a more complete healing and recovery.

This teamwork approach depends upon patients taking responsibility for their health and following these highly-effective guidelines.

Photo Caption: As you begin chiropractic care, follow these suggestions to get the best return from your investment of time and money.

KEEP YOUR APPOINTMENTS

Your care schedule is based on the experience of thousands of doctors with millions of patients. Just as you can't expect to get in shape by working out just once or twice, you can't expect meaningful changes to your spine with just a few chiropractic visits!

Each adjustment builds on the one before. Missing or postponing visits can interfere with the "retraining" of your spine. The best way to receive the excellent results that millions of chiropractic patients have enjoyed is to keep your appointments.

Photo Caption: Each visit builds on the one before. Consistency is important!

EAT THE RIGHT FOODS

Proper nutrition is especially important. Increase your intake of raw fruits and vegetables.

Avoid processed foods that are robbed of their vitamins and minerals. Make sure your body has the nutrients it needs to heal the muscles and soft tissues that support your spine.

This might also be a good time to slim down and reduce the burden on your spinal column. You'll feel better and look better, too.

Ask your doctor for advice and guidance.

Photo: Couple in produce section of grocery store

Caption: Eating the right foods will give your body the building block it needs for proper healing.

GET THE PROPER REST

When combined with regular chiropractic adjustments, proper rest can help heal and regenerate your body.

Sleep on a mattress that offers firm support, lying on your back or your side. Make sure your pillow provides proper support. Too thick or thin and it can distort the curve in your neck.

The latest research indicates that patients with spinal problems should avoid extended bed rest. Yet, when getting adequate sleep each night, it's important that the time you spend resting doesn't make your problem worse!

Photo Caption: Make sure you sleep on your back or side, on a mattress that offers firm support.

EXERCISE MODERATELY

The rehabilitation of your spine also depends upon proper muscle tone. Ask your doctor if now is a good time to begin a routine of regular exercise.

Swimming, brisk walking, or other aerobic exercise can increase your metabolism and help maximize the healing process. Your doctor may recommend some stretches or exercises that can help strengthen the muscles that support your spine. Take it easy at first and slowly build your endurance.

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Performing these simple routines as you are able can dramatically aid the speed of your recovery. It's an inexpensive way for you to assist your doctor and optimize your chiropractic results.

Photo Caption: Swimming and brisk walking are ways you can improve overall muscle tone and help speed your recovery.

GIVE IT TIME

If you cover up symptoms with a pill, you might expect the "fast, fast relief" like the advertisements promise on television. But your chiropractic doctor is attempting to correct the underlying cause(s) of your problem. That takes time.

Remember, doctors don't heal. Only your body can heal itself. Your body sets its own priorities and directs its own recovery. So the chiropractic approach to better health is to help release your body's inborn healing abilities.

Photo Caption: Regular progress examinations will be conducted directing your doctor's recommendations.

DURING YOUR RECOVERY

Be sure to ask questions along the way, so you understand every aspect of your chiropractic care. Tell others so they can support your decision and help you follow your doctor's recommendations. Finally, when you're feeling better, consider a schedule of preventive chiropractic care to maintain your progress and help avoid a relapse.

References

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