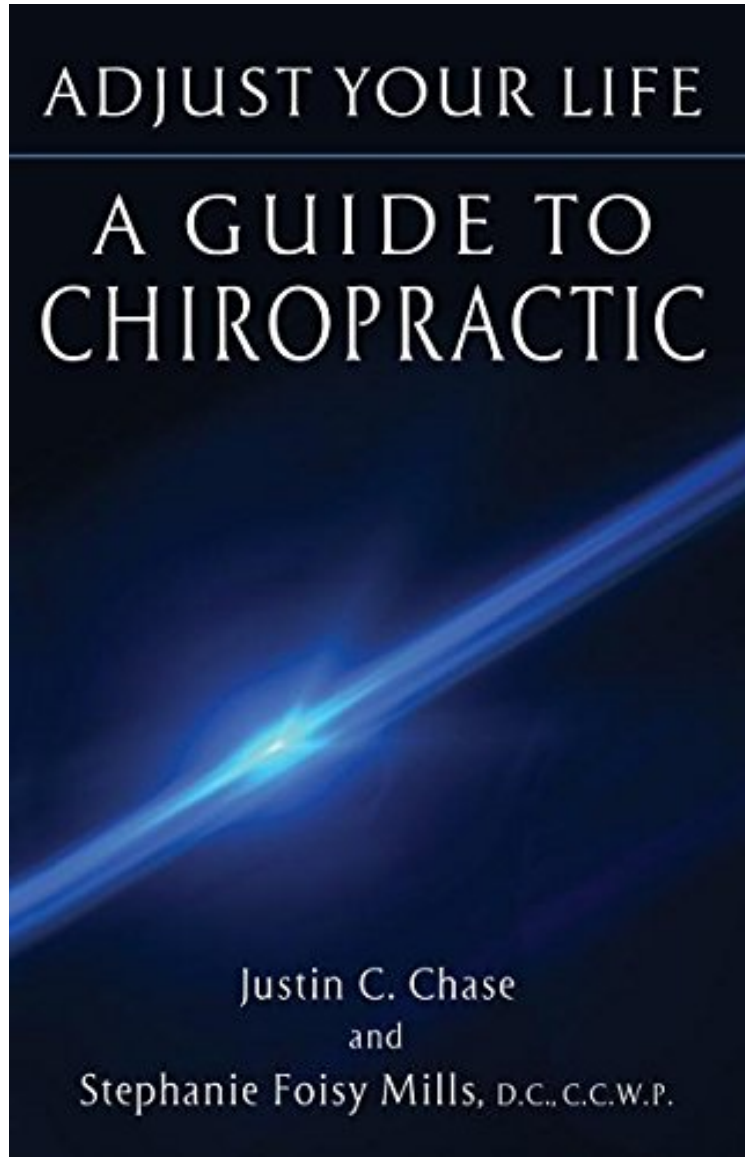


(Download) Adjust Your Life: A Guide to Chiropractic

Adjust Your Life: A Guide to Chiropractic

Justin C Chase, Stephanie Mills
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#3803306 in Books 2015-09-15Original language:EnglishPDF # 1 8.50 x .31 x 5.511, .38 #File Name: 0996778101144 pages | File size: 56.Mb

Justin C Chase, Stephanie Mills : Adjust Your Life: A Guide to Chiropractic before purchasing it in order to gage whether or not it would be worth my time, and all praised Adjust Your Life: A Guide to Chiropractic:

0 of 0 people found the following review helpful. Five StarsBy KACA good introduction to chiropractic philosophy and the potential benefits of chiropractic care.0 of 0 people found the following review helpful. Five StarsBy C. McCormickInformative

"Why do I need Chiropractic care?"

"Adjust Your Life introduces Chiropractic in terms of whole body health ... delving into the functions and importance of the spinal column and the positive effects on both mind and body related to regular Chiropractic adjustments. I have been on the fence about visiting a chiropractor for a long time. This book has alleviated the fears I had, and in fact made me realize the great importance of obtaining regular Chiropractic maintenance. This is an easy to read book that will help you for years to come!" - Joseph Spearin, Small Business Owner

"This book is a must read for those desiring better vitality, well-being, and performance ... Dr. Stephanie and Justin provide practical understanding and simple tools to improve one's health. This Guide to Chiropractic integrates the Chiropractic perspective and philosophy into the multitude of health decisions and life choices we all face." - Peter Kevorkian, DC, President, International Chiropractic Pediatric Association (ICPA)

"There are so many questions about Chiropractic - this intriguing and educational book answers them. Adjust Your Life leads you through a sensible, accurate, and encouraging discussion that is well worth your time!" - Dr. Jenny Bruck, Author of 52 Vitality Tools Host of the popular podcast For the Health of It

"Adjust Your Life ... will help those curious about the benefits of Chiropractic care make an informed decision about how to improve their life. I would recommend this book to anyone who may consider Chiropractic, and also to those who already receive life-changing adjustments - both will gain an understanding of how Chiropractic can help the body heal itself." - Miranda Otto, Realtor

"Well-written, concise, and easy to read, Adjust Your Life examines the concepts of Chiropractic and the lifestyle it supports. Anyone looking to make a choice about Chiropractic needs to read this." - Matt Otto, Test Technician

From the Back Cover In the 21st century, we face difficult choices on a daily basis. Adjust Your Life will help you understand what Chiropractic care consists of, why you need it, and how you can find the best Chiropractic office. While learning about the basic premises of Chiropractic and how adjustments work to foster inner healing, you will gain a better understanding of the stress we put on our bodies every day, as well as how to prevent or limit that stress. Chiropractic care is about more than receiving adjustments - it is about caring for the body and making educated decisions that promote its longevity.