

## **Family Wellness A Chiropractic Group**

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### **THE PATH TO WELLNESS PROGRAM**

#### **WELCOME TO OUR OFFICE!**

Family Wellness A Chiropractic Group has created a unique and effective approach that has been adopted by clinics across North America and Europe. The **“Path to Wellness”** program offers the community the tools to focus on family wellness rather than reactive, sickness care.

There is a growing awareness within our community that raising a drug free, healthy family is the ultimate goal. Being on the roller coaster of drugs and disease management is costly and wrong. The Chiropractic message has always focused on the natural healing from within. Used properly, chiropractic will provide the foundations of wellness for you and your family.

**The Path to Wellness** program begins with a thorough assessment and interview. Whether it is back or neck pain, carpal tunnel syndrome, chronic headaches, asthma, ear infections or a host of other symptoms, we carefully listen to and analyze the reactions of the body, Chiropractic focuses on the nervous system, which controls all feelings and functions. The core of the nervous system lies within the spine, so we have developed a sophisticated technology to measure the stresses on your nerves.

Simply put your spine and nervous system acts like a ledger for all the stress that has occurred in life. Old traumas, work and family stresses and poor nutrition can imprint on your nerves. Using computerized technology, we will scan the spine and nervous system for these patterns of stress.

Once we have listened and measured, it is time to get to work! The path to wellness is a program consisting of three phases.

Initially, we have to address the symptoms and begin to re-train the spine and nerves. Our goal is to release old habits that have been damaging the spine and nervous system. Most people believe that this is where chiropractic begins and ends. Actually, this important phase prepares you for the second phase known as the rebuilding phase. It is here that we build upon the new foundation.

In the rebuilding phase, our goal is to identify stresses that continually tear at you while targeting specific actions to help rebuild your resistance. Included in this phase are advanced exercises, nutrition, relaxation and stress management protocols. This is a less intense chiropractic program where we carefully monitor your progress.

As your spine and health re-vitalize, our ultimate goal, is to work with you as partners in maintaining your momentum. Wellness is our passion and we continue to be a partner with hundreds of families in the community.

The idea of a watchful, progressive caring team is the ideal wellness experience. The “Path to Wellness” program has revolutionized Wellness Chiropractic. We welcome you and your family to live and learn from our talents.

**Please Know This**

- Wellness is the path of choice
- Sickness care is costly and wrong
- To get and stay well, one must begin with a healthy spine and nervous system
- The path to wellness always passes through the nervous system
- Wellness is about making healthy choices and refraining from drugs
- Wellness care begins at birth and grows with you over a lifetime

**Welcome to our clinic and enjoy the freedom**

## “ The Path to Wellness” Program

Each patient and each chiropractic office has a similar goal in mind. This mission is to shift the patient from where they are now, towards wellness. The Path to Wellness is a seamless continuum that allows any patient, whenever they are in their health, to advance in their lives. The traditional 3-phase model, based on mechanistic principles, has been altered to reflect the intent of the vitals concepts. The ultimate goal is a life long quest known as wellness.

The traditional management model uses 3 phases called:

Relief Care-----Corrective Care-----Maintenance Care

Ultimately, this process is short sighted, as wellness is not confined to maintenance or prevention. Wellness is a lifelong journey to constantly explore new experiences. The “ Path to Wellness” program is also a three phase model, which is represented by

Release-----à Rebuild-----à Explore Wellness

The phases of care are, named in accordance with the goals for each phase. **Release Care** (phase 1) begins with an analysis of the subluxation patterns. Because the subluxations represent a "stuck" state in a patient's health, the goal will be to analyze, adjust and change these patterns. Ultimately the adjustments are releasing old habits of patterns and awakening the innate expressions of life. This is usually a more intense scheduled program, as habits and patterns have very long histories.

The intent of the second stage, which is known as the **Rebuilding Phase** is to continue to adjust the patient while challenging them to make more informed choices in their health and wellness care. Here the goals are to identify and manage the vectors of stress that effect health.

While the transition from Phase I to Phase II is distinct, the transition from Rebuilding to Phase III is more of a continuum. By now, the relationship between the chiropractic office and the patient has nurtured and the patient is less subluxated and able to make more conscious choices.

Phase III is termed “ **Explore Wellness**”. This is a long –term relationship for the patient and is based upon the concept of “maintaining momentum”. Wellness is a state of heightened adaptability. Here the patient is exploring new levels of creativity and performance. The chiropractic experience is a commitment to excellence. A continuous rhythm of checking for subluxation patterns and stimulating neural response is the focus that lasts a lifetime.

**The Path to Wellness** is always via the nervous system. Wellness chiropractic is the foundation to achieve and explore the essence of a rich and rewarding life experience.

## **PHASE I- RELEASE CARE**

### **GOALS:**

- Release old, destructive patterns of spinal stress
- Imprint, new healthier patterns
- Analyze changes
- Build a strong foundation for wellness care
- Introduce family wellness programs

### **HOW WE BEGIN:**

- A watchful and progressive chiropractic adjustment schedule
- An 8-12 week program with 24 scheduled visits; (progress examination @ 12<sup>th</sup> visit included).

### **HOMEWORK:**

1. -Early spinal movements- Learn to stretch and feel the change
2. -Water wisdom
3. -Walking- The most natural motion
4. -Breathing as relaxation
5. -Begin to identify addictions- Work
  - Cigarettes
  - Alcohol
  - Caffeine
  - Sugar etc.
6. -Early nutrition
  - Healthy food choices
  - Vitamins (multi)
  - Minerals

**Phase I- Release Care**



**Comparative Examination ⇒ Continue Release Phase**



**Phase II ( Rebuilding Program)**

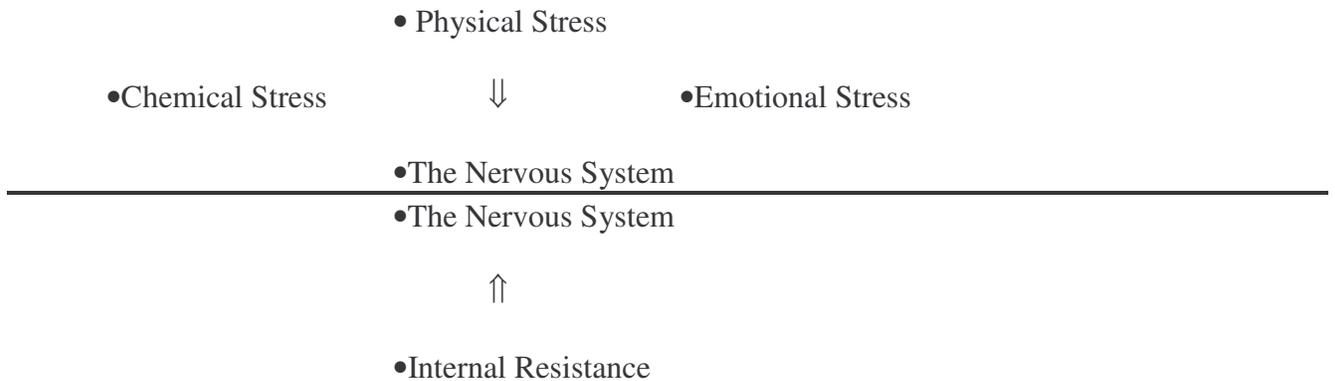
## Phase II- Rebuilding

### Goals:

- Continue chiropractic adjustments
- Strengthen the spinal column
- Identify and reduce stresses
- Begin lifestyle coaching

WHAT IS DIFFERENT FROM PHASE I: - In this phase, we introduce advanced wellness strategies.

1. Improve nervous system health
2. Improve internal resistance
3. Reduce external stress



### **Some strategies that are used:**

#### **A.)Physical Wellness**

- Specific Exercise
- Stretch/ Strengthen
- Orthotics Casting
- Massage Therapy
- Aerobic Workouts
- Weight Training
- Yoga
- Fitness Routines

#### **B.)Chemical/Nutritional Wellness**

- Detoxification
- Supplementation
- Addiction/Sensitivity Referral
- Osteoporosis
- Female Nutrition

#### **C.)Emotional Wellness**

- Relaxation Strategies
- Stress Mgmt. Classes
- Behavioral Profiling
- Meditation

HOW IT WORKS: -As the chiropractic schedule is reduced, the patient is encouraged to take on new health focused responsibilities. The goals are strength, vitality and enjoyable experiences.  
-Analysis and examinations are periodically scheduled.

### **Phase III- Exploring Wellness**

- This is a long term, commitment to health, vitality and performance.
- It is living without the fear of disease, while exploring new levels of creativity and performance.
- This is using chiropractic to experience new levels of neurological health.
- We partner with families to stay well, and are available when health challenges occur.

### **This program offers:**

- Wellness fees
- Advanced stress management programs
- Chiro Kids Club
- Joy and freedom

