

# Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



## Once you go...

It keeps a lot of people from benefiting from chiropractic: they're afraid that they will somehow get "addicted" to our care! Much like your teeth, your spine needs regular check-ups to make sure it's healthy.

While many patients choose to come in on a regular basis when they're feeling great, they don't have to. They want to. Below are just a few reasons why:

- \* The early detection of vertebral subluxations (nervous system interference)
- \* Avoiding a relapse of their original problem
- \* Being their best and staying well
- \* Correcting and maintaining optimal posture.

These are choices patients make based on their understanding of chiropractic and how they value their health. It's mostly about priorities. Each of us gets to choose how much attention we want to give our health. Chiropractors honor that choice. It's your chiropractor's job to explain the benefits of periodic checkups, and to offer the finest care possible. It's up to you to decide how much of it you want.