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## Why Return?



The true purpose of chiropractic is not as a treatment of aches and pains but to rid your body of subluxations so you are better able to adapt to life's stresses. That's what true health is all about. That's why regular chiropractic users report better quality of life, improved physical health, improved emotional health, less perceived stress in their lives, less drugs in their lives and more energy, vitality and life enjoyment. Why use chiropractic as just another "aspirin" to free you from pain when you can use chiropractic to ensure better health, vitality and life enjoyment for yourself and your

## Why Should I Return if I'm Feeling Fine?

You entered your chiropractor's office feeling terrible and now you are experiencing the wonders of what happens when your spine and nervous system are subluxations-free. You have less spinal stress and can send more healing energy throughout your body. You'd be happy to return if your health deteriorates to the point where you feel terrible again. But your chiropractor suggests you return even if you feel fine. "Why should I return if I'm feeling fine?" you may ask.

Of course you can wait until you're miserable again, but should you? You may be making a big mistake if you wait until you have symptoms to do something about your health. Lack of pain is a poor way of determining how healthy you are. We've all seen people looking like death warmed over who "feel fine." They are walking targets, waiting for disease to strike before they decide to do anything about their health. They "feel fine" but have no energy; they "feel fine" but sleep poorly; they "feel fine" but are tired, have aches and pains, headaches or backaches. Too many people who "feel fine" one day have a sudden heart attack, stroke, debilitating pain or are diagnosed with a serious disease such as cancer the next day. Surely "feeling fine" is no indicator of your health status.

### But Why Do I Need So Many Adjustments?

Most people first visit their chiropractor after they've had years of long-standing spinal subluxations. By that time scar tissue (or fibrosis) has built up around the spinal discs, nerves and joints. Long-standing subluxations also cause postural changes, tender muscle areas, trigger or tender spots. You may "feel fine" but when someone touches a "hot spot" of spinal adjustments before your spine is strong again. The earlier you begin chiropractor care the better; the longer you wait, the more scar tissue builds up and the longer it will take to resolve.

### Why Periodic Care?

Though symptoms may disappear after a few spinal adjustments, the spinal degeneration caused by years of uncorrected vertebral subluxations usually remains. Sadly, it takes a long time for spinal degeneration to heal and your spine will not be as strong as it should be while degeneration is still there. That's the reason you might need to return to your chiropractor's office in the future when stress builds up causing your spine to "go out." Your symptoms may take a little longer to go away the next time ("I don't understand it doctor, the last time I felt better after a couple of visits...") because there may be more degeneration.

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entire lives?

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