FRANKLY SPEAKING

Total Life Chiropractic - … educating, adjusting and inspiring

6 Tips to Choosing a Wellness Chiropractor

After moving away, some of our patients have tried to find a chiropractor near their new home. UNFORTUNATELY in many cases they were very disappointed. Is that because we have set the bar too high or because there are too few chiropractors who are practicing true traditional chiropractic and not laser hair removal, infra red fat reduction etc
So… what do you do? Your homework, you do your homework

1. Ask your friends who share your perspective on health and wellness for a recommendation. Ask about the doctor, staff, fees, availability, and services offered. Your friend can tell you whether you and the doctor are compatible.

2. Meet the doctor. Most chiropractors are willing to meet you for a consultation at no cost to determine whether you are a good match. See if the two of you "click", if you feel comfortable entering into a very special, long term relationship with this individual. You want a partner, a coach and someone would treats the relationship as more than just a job.

3. Does the doctor look healthy? If the doctor does not live a healthy lifestyle, it speaks volumes regarding their commitment to health. If the doctor smells of smoke and/or doughnuts or appears unhealthy, this is a concern.

4. Does the practice focus on vertebral subluxation and wellness? Stress results in spinal subluxations, which disrupt nerve function, weakens your body's ability to heal, repair, regenerates and ward off disease. It is essential that detecting and correcting subluxations be the primary focus of your chiropractor not merely relieving pain.

5. How will you be evaluated? The focus of chiropractic is on the nervous system, which is the master control system of your body. We are NOT physical or massage therapist. Since our job is to detect and correct subluxations, your ideal chiropractor should be using state of the arts techniques to accomplish this.
Electro diagnostic tests such as surface EMG, infrared thermography and heart rate variability are used to evaluate the effects subluxations are having a nervous system. Digital x-rays and specific x-ray analysis is used to locate this specific subluxations and how much deterioration has occurred over time. Although feeling good is important, your care should not be based simply on whether you have pain or other symptoms. Like cavities, high blood pressure, and many health conditions, spinal subluxations may exist without symptoms. Objective assessments of your subluxations status is a must.

6. Fees. Health insurance really isn't "health" insurance, it is sickness and disease insurance. Most health policies will only cover services that address specific conditions. If you have a specific health issue, such as back or neck pain, your insurance may pay a portion of your chiropractor's fee. If you have no symptoms, insurance generally does not cover the cost of wellness care. Before your examination, the chiropractor should offer a consultation at no charge to determine if chiropractic care is right for you and also determine what type of examination you would need and how much it would cost. A follow-up visit should explain what is wrong, whether the chiropractic can help you or not, how long it would take, how much it would cost and how often you would need to be seen.

Remember, we are always here for you to answer any questions you may have regarding choosing a chiropractor for yourself and your family.

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