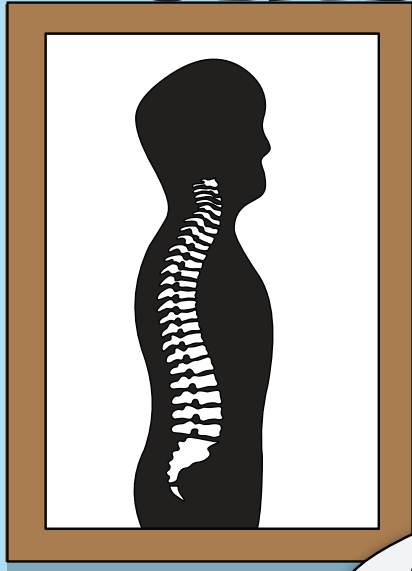
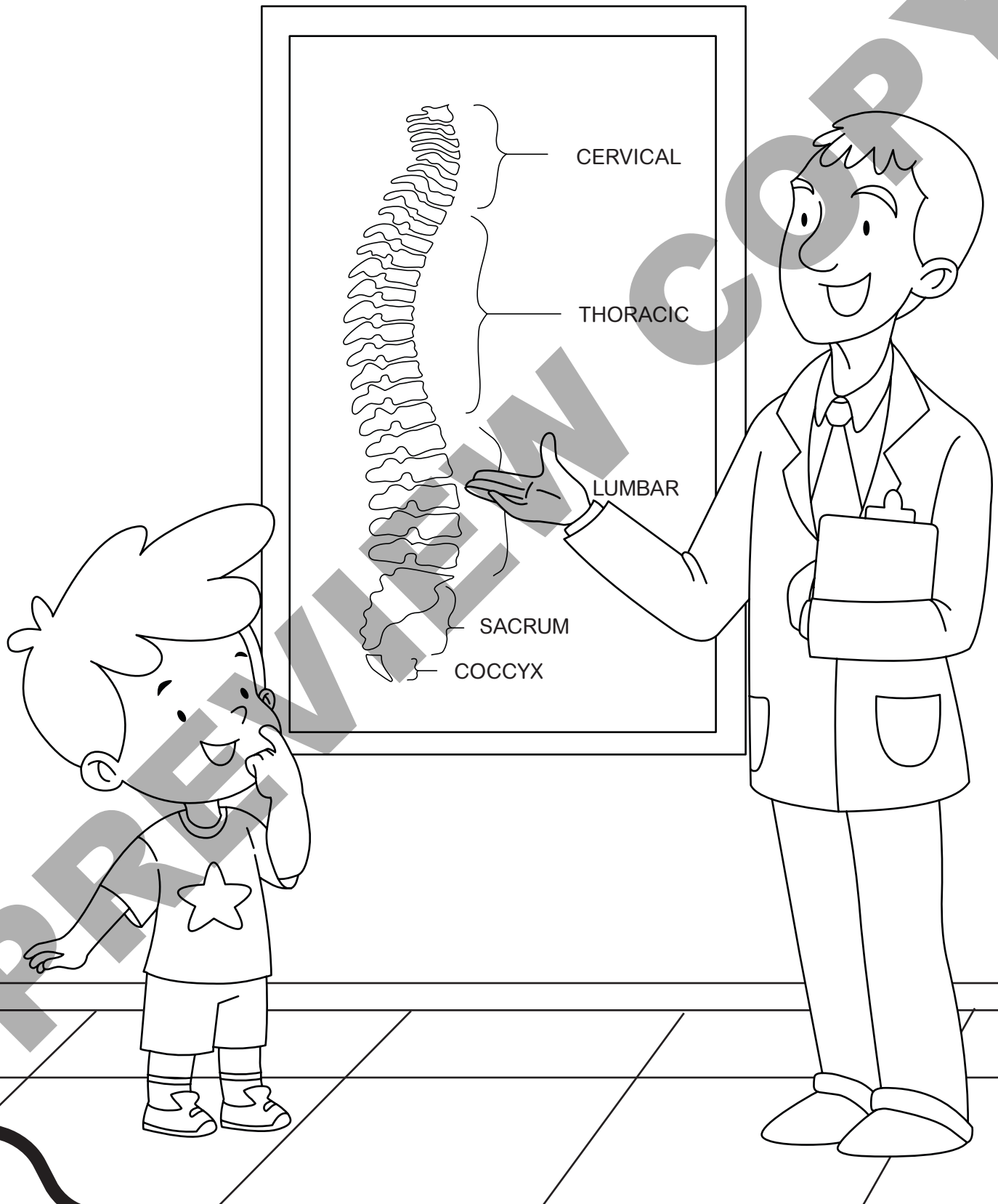


A Visit to the Chiropractor



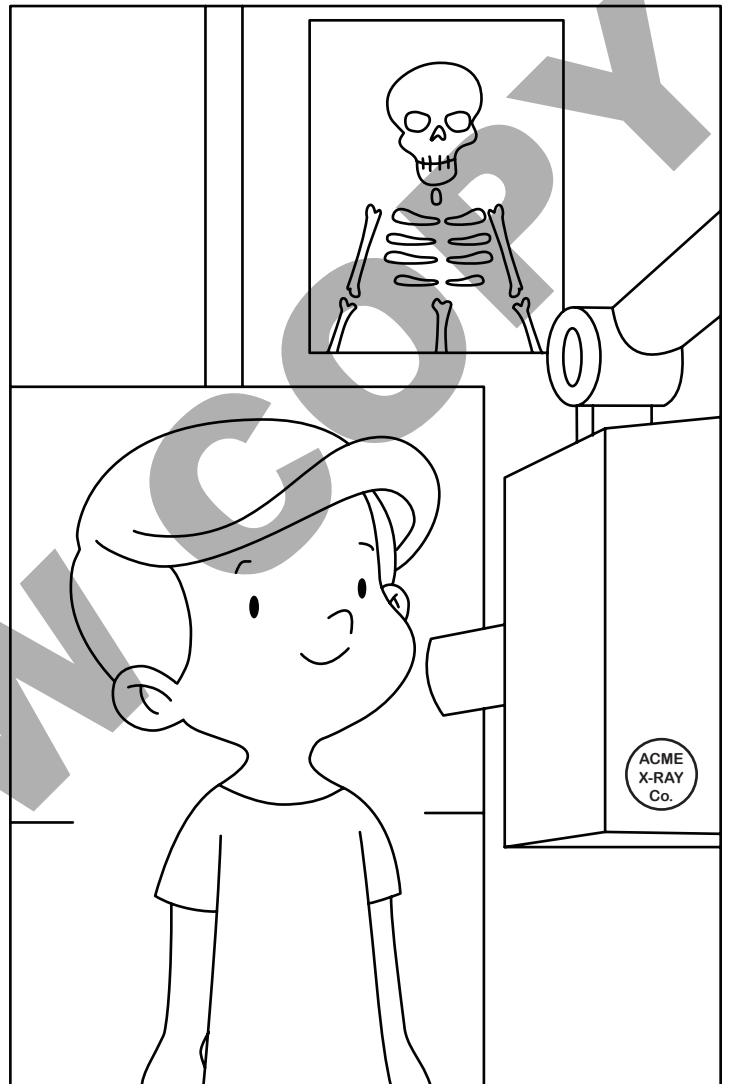
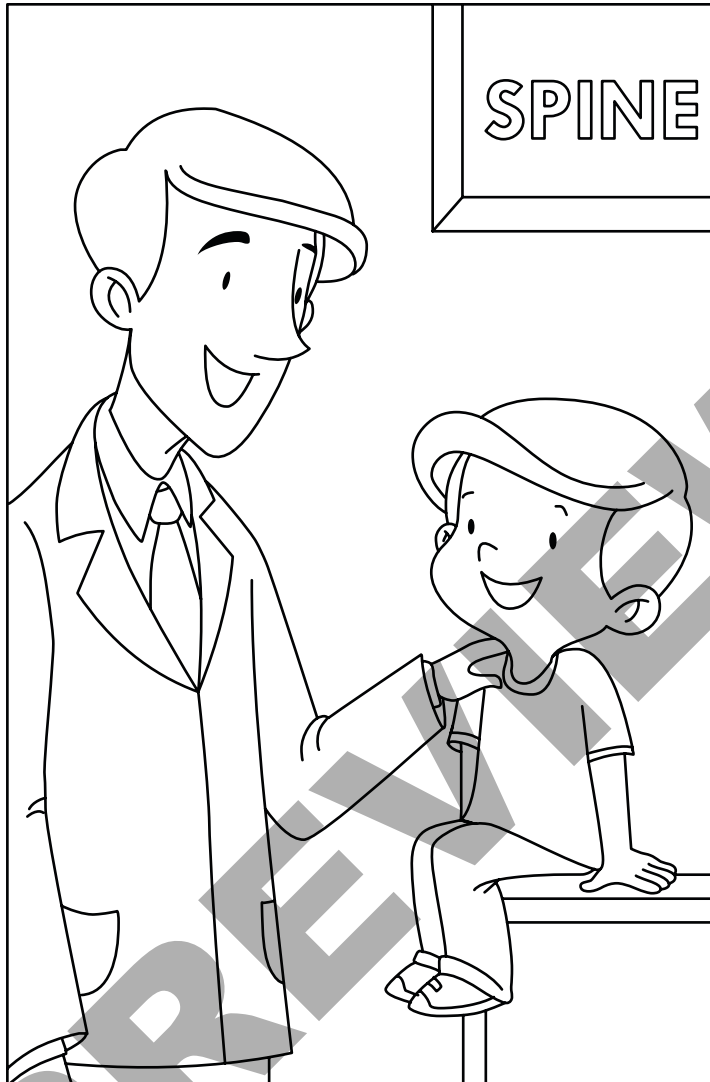
What is a Chiropractor?

A Chiropractor is a doctor who works with your spine and joints to keep you healthy.



What Will They Do?

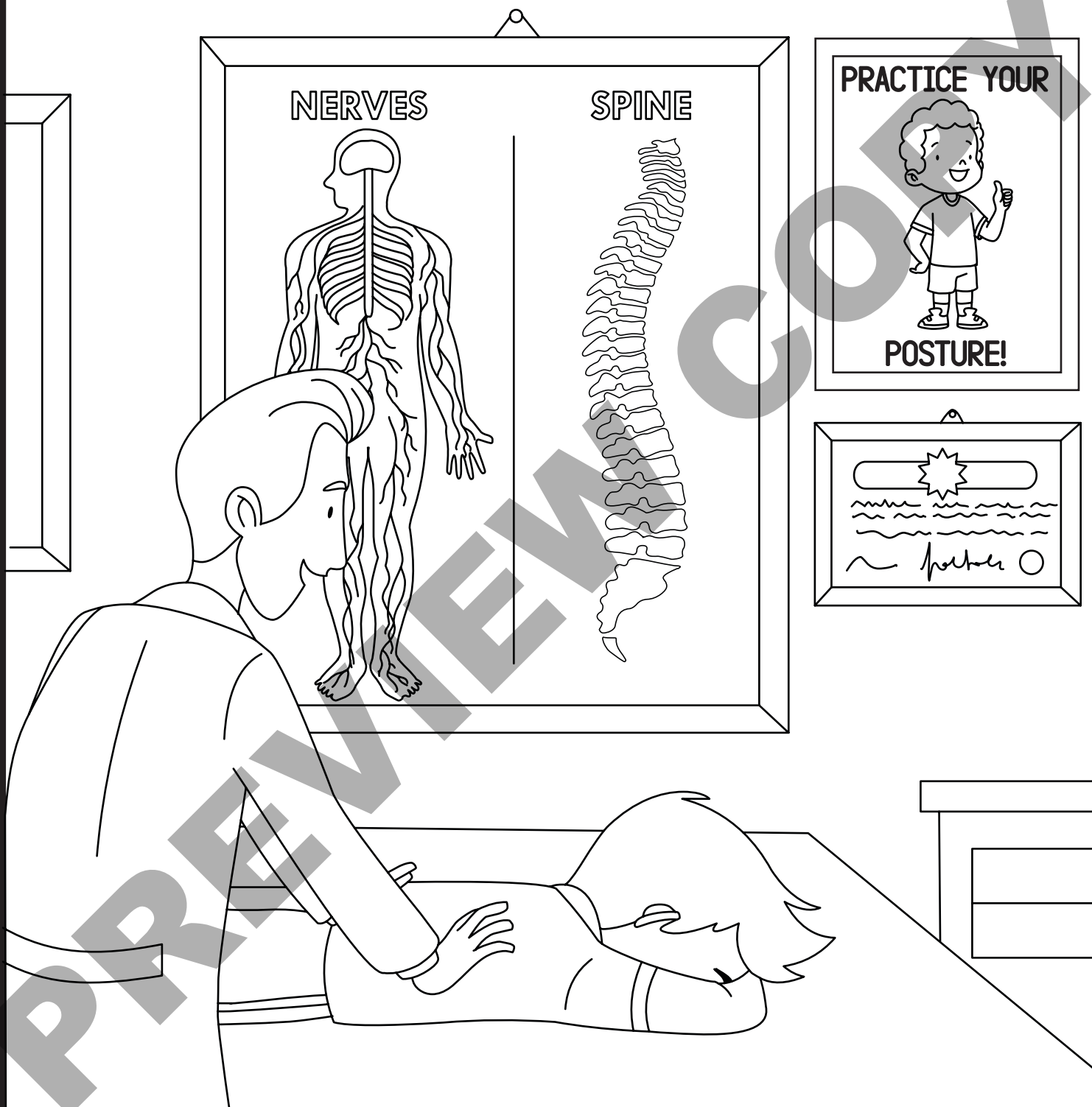
The doctor will examine you and ask you to turn, bend and stand up straight.



They may need to take pictures of your bones with a X-Ray machine.

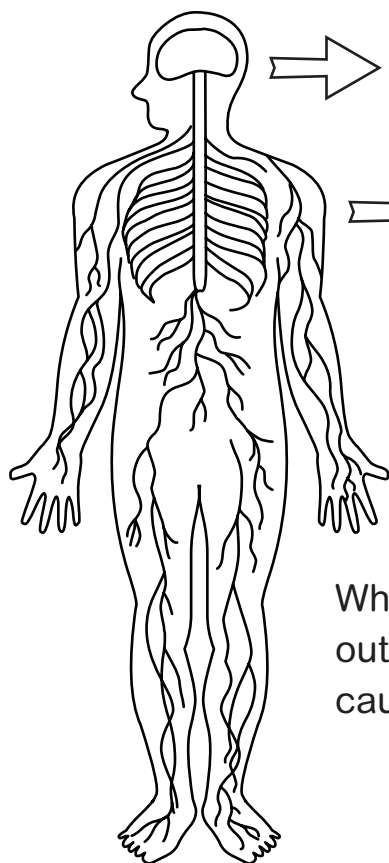
The exam doesn't hurt a bit!
It lets the chiropractor know how your bones and joints move.

The Chiropractor will Adjust Your Back and Neck to Help Your Body Heal



Don't Be Afraid!
Adjustments don't hurt, they help!

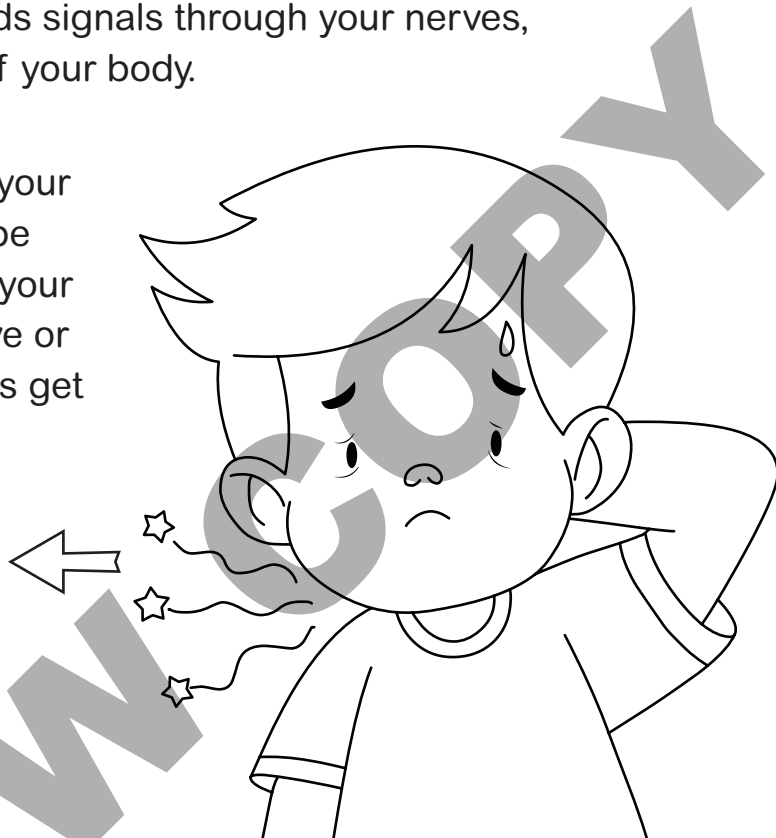
How Chiropractors Help You



Your brain sends signals through your nerves, to every part of your body.

Signals to your body can be blocked if your bones move or your nerves get pinched.

When the body is out of alignment it causes pain.



How Can Your Body Get Out Of Alignment?

Playing Sports

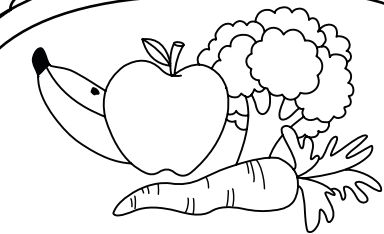
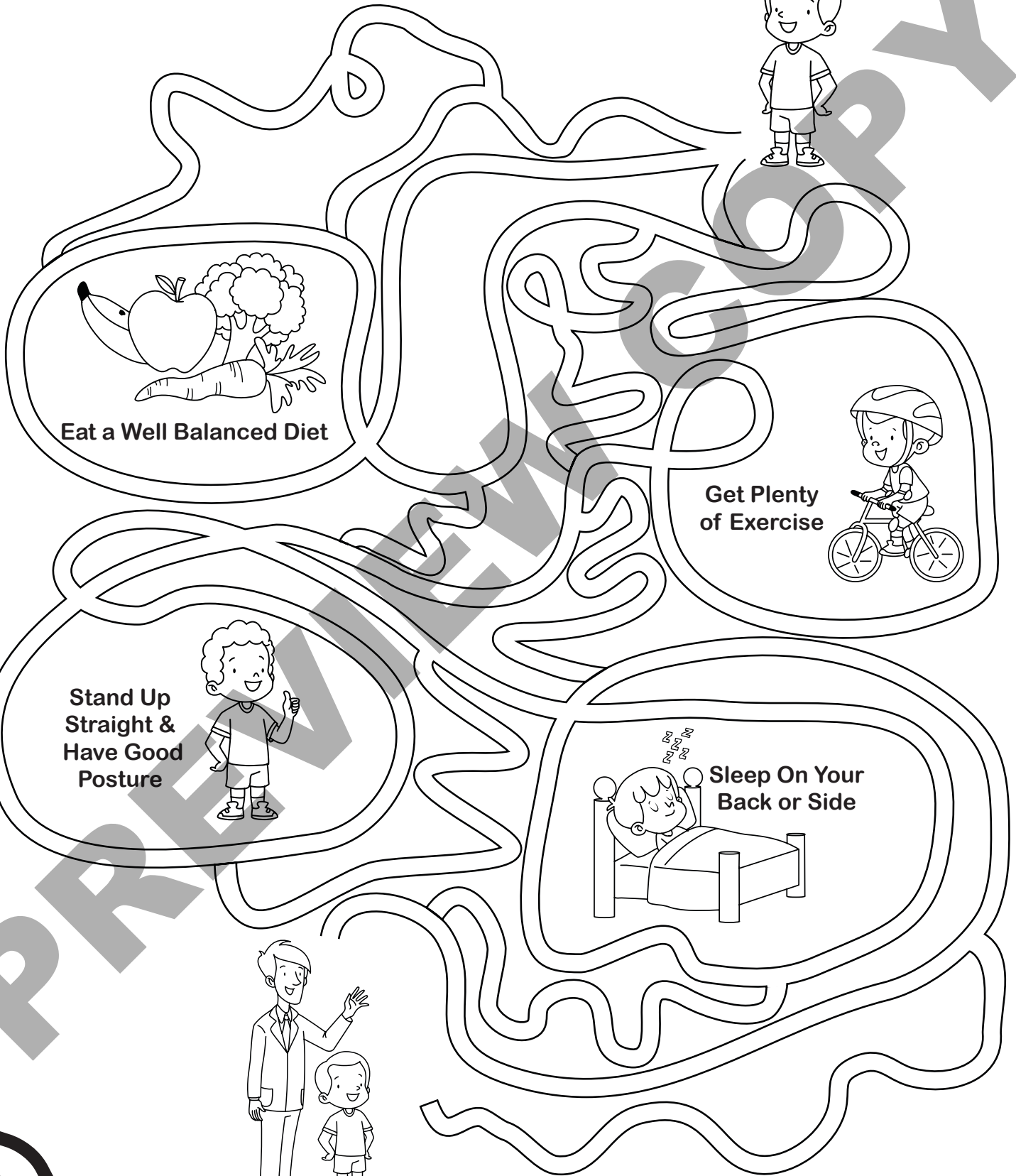


Bad Posture



Find Your Way To Good Health

Find the path through all the things that lead to a healthy lifestyle.



Eat a Well Balanced Diet

Get Plenty of Exercise



Stand Up Straight & Have Good Posture



Sleep On Your Back or Side

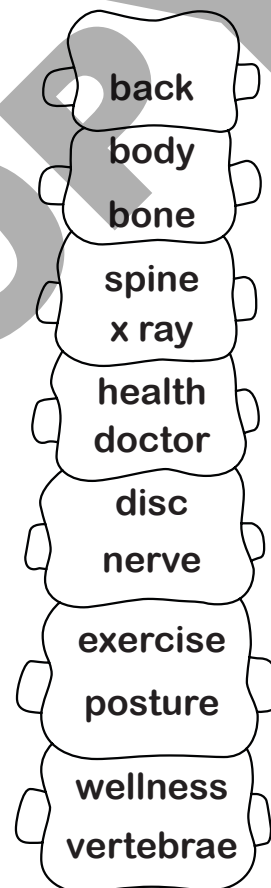


Bone Scan Word Search!

There are words hidden in the puzzle below that you may hear at the chiropractor.
The words go up, down, right, left and diagonal.

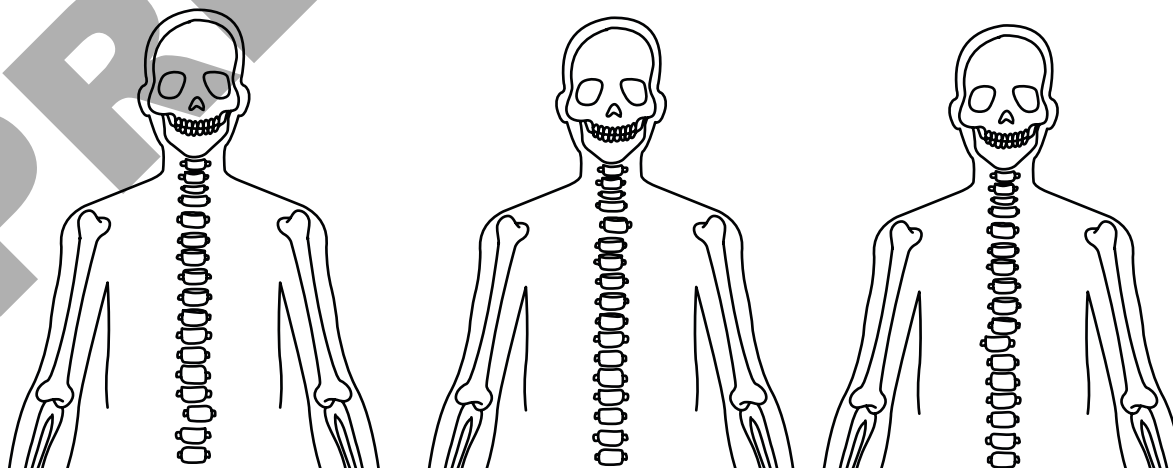
O	B	X	X	X	Q	P	X	V	O	T	J	X	G	E
D	H	A	R	Q	T	U	A	W	F	P	L	V	X	L
O	E	E	C	A	X	O	B	E	S	G	W	Y	O	Z
C	A	N	X	K	Y	B	R	L	G	B	D	X	Z	O
T	L	E	H	E	K	S	O	L	L	O	M	N	K	A
O	T	G	Z	A	R	T	X	N	B	E	L	B	R	I
R	H	R	I	P	M	C	B	E	G	S	B	S	O	D
O	A	T	Y	I	D	D	I	S	O	C	G	U	Z	E
Z	V	S	P	I	N	E	M	S	S	X	B	Y	F	S
S	M	E	Q	S	M	V	E	I	E	J	J	O	E	K
C	N	A	N	N	C	U	D	H	R	K	I	T	N	D
N	Y	C	I	E	P	O	S	T	U	R	E	I	O	E
L	C	P	V	E	R	T	E	B	R	A	E	G	P	Y
N	W	H	U	E	T	V	U	Z	J	S	A	A	U	W
U	L	V	A	D	K	W	E	P	E	D	S	A	N	J

Find these bone words!



Ouch! A Slipped Disc!

A Vertebrae is out of alignment in the spines below. Circle it to help the chiropractor fix the problem!



Visit the Chiropractor Regularly For A Healthy Spine & Body!

Remember:

- Stand Up Straight and Tall
- Sit Up Straight
- Sleep On Your Back or Side
- Eat Healthy, Well Balanced Meals
- Exercise!

PREVIEW