***XYZ Chiropractic***

IS STRESS GETTING ON YOUR NERVES?

Do you have energy in the morning? Do you wake up feeling rested? Do you drink enough water?

Do you have healthy eating habits?

Do you exercise regularly? Do you have a regular exercise routine? Is your work stress-free?

Is your relationship stress-free?

Do you take quiet time for yourself? Are you free of financial concerns?

Do you spend quality time with your loved ones (significant other, children, family, friends, etc.)? Is your body pain-free?

Do you take the time to have fun? Do you take the time to be creative?

Stress affects us in many ways. Physical, chemical and emotional stresses result in subluxations. Subluxations are interference between your nervous system and your body. My job is to help you reduce subluxations in your body, so that the stresses that you have in your life do not affect you to the extent that they have... so that you may listen to and act on the messages your body gives you each moment of the day... so that you can be empowered and freed to live life in your ideal.

Take action now. Get checked for subluxations. Live your life to its fullest. Call to schedule an appointment: No Name, DC 805-350-0578

*123 Main St ● Fort Bragg, CA 95437 ● 800-321-1234*