

Dear Friends:

Welcome to Chiropractic health care. The Chiropractic approach to health is based on four parts:

First: We maintain that our bodies were meant to function normally. The Wisdom that creates a perfect human being in nine months from two cells is capable of running it in a state of health throughout its life.

Second: We maintain that when a person gets sick that there must be a reason or cause and to simply treat the symptoms without correcting the cause is injurious to the future health of the patient.

Third: We maintain that the cause is within. Disease does not attack the body. It is the result of an organ, gland, or cell functioning at less than 100% efficiency. If all parts of the body were working correctly, you could live in an atmosphere containing ragweed pollen, bacteria and virus and not "get sick". When, and if, you do get sick, it is a result of a breakdown in the body's efficiency and not these outside factors.

Fourth: We maintain that the cure comes from within. We look to correct disorder and malfunction within the body and do not rely upon drugs to merely treat the symptoms or destroy bacteria and virus which are as normal a part of our environment as you are. When this disorder or malfunction comes from the spine, it is called a spinal subluxation. Chiropractors look to find and correct your spinal subluxations.

We help these types of people:

- Individuals and families who desire and find better health with regular chiropractic spinal adjustments.
- Persons who have a problem and want to learn as much as possible about what causes injury, sickness, or health.
- Individuals who live with daily pain and want chiropractic care for emergencies only.
- People who suddenly get a pain and want a quick fix.

Doctor Ellenberger works with many kinds of patients and spines. Please let us know if you fit into one of the above categories. We can tailor the type of chiropractic care to your needs and wants. Your spine has had a unique set of physical stresses, including falls, jolts, whiplashes, muscle strains and injuries. Many times incomplete recovery from these contributes to your current spinal condition.

There are several things to watch:

- Chiropractic is a distinct science of healing based on well demonstrated evidence that health comes from within you. Sometimes we may need to recommend the use of alternative health care along with the chiropractic adjustments.

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 - Don't be in a hurry. No Chiropractor can perform miracles. Realignment of the skeletal framework of the body is a difficult process. Ligaments and muscles must shift and realign themselves to fit the changing bones. This is a natural, permanent rearrangement and cannot be hurried.
 - Your body will feel the renewed vitality as the adjustments hold in place. Look for that uplifting feeling. It means new life has been released and that you are on the road to normal health
 - Everyone has the right to benefit from the best health care. Please feel free to tell others about your experience with chiropractic. It will help your thinking and may help someone who has not been so fortunate in the quest for health and happiness.
 - Tell your friends only the FACTS about chiropractic care in your case, without exaggeration or distortion. Careless expressions, such as "cracking the neck", "popping bones", and "breaking the back" tend to frighten sick people, or nervous, timid people. This is especially true of children for whom chiropractic care can do so much. These people have a right to know the truth...that chiropractic is a science, and that our adjustments are skillful, specific applications that will not harm or endanger the body of even a tiny infant.

HOW LONG WILL IT TAKE ME TO GET WELL AGAIN?

There are a number of factors that must be considered:

- The number of subluxations involved.
- How long you've had the subluxations (not symptoms, which is a completely different length of time).
- The severity of the subluxation.
- Your age and ability to heal.
- Your occupation.
- Your willingness to co-operate.

Because of these factors, your rate of recovery will be completely unique to you and because of this; your problems cannot be compared to anyone else.

GENERAL INFORMATION:

When you have a question about your case, please ask us...as you understand how chiropractic works, you'll begin to see how logical and sensible this science really is. We care...and we hope you care about your health. Ask questions and learn about your health.



We accept Highmark, Blue Shield/Blue Cross, Medicare, cash, check, credit cards, auto accident, and workman's compensation.

Please call us and schedule an appointment for your chiropractic check up and spinal adjustment

We made it over 31 years and look forward to serving you many more years.

Thank You,

Ralph Ellenberger, D.C.



HEALTH THRU CHIROPRACTIC

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Hours (By Appointment)

**Monday and Wednesday 9-8
Tuesday and Friday 9-6**