

LPC HEALTH QUESTIONNAIRE

If you check "Yes" to any question below, you are most likely Subluxated and currently in need of an adjustment. It is in your best interest to have your Chiropractor check your spine as soon as possible.

1. Has it been more than 2 weeks since you were last checked for Subluxations by your Chiropractor?

Yes **No**

In this office, it is our purpose to check for subluxations. Subluxations reduce your ability to express your life's potential by interfering with the flow of life through your nerve system. People should be checked for subluxations beginning from birth and should continue routinely throughout their entire life.

2. Has your ability to think, sleep, work, or exercise been effected recently?

Yes **No**

Subluxations are most often painless and occur without symptoms. When subluxated, people can experience (but are not limited to): Low energy, poor sleep, challenged breathing, reduced healing capacity, challenged digestion, challenged mental outlook.

3. Have you had any minor physical traumas such as a slip or fall?

Yes **No**

Subluxations can be triggered by minor physical traumas such as slips, falls, or sprains. Even healthy exercises can be equivalent to a minor trauma to your body.

4. Are you currently taking any medication?

Yes **No**

As currently prescribed, medications are the third leading cause of death in America. They are also a leading cause of Subluxations (Nerve system/life interference).

5. Do you have any daily mental, physical or chemical stresses?

Yes **No**

Stress is a leading cause of missed days of work and school. Stress is experienced daily and can be quite detrimental to your health. Some examples of stresses people face each day include; bad posture, bad diet, family issues, financial issues, working at a computer, commuting, and fear from negative stories in the new. Everyone has enough stress from their everyday life to cause a Subluxation in their spine in less than 1 week. In less than two weeks of having a Subluxation people begin to experience permanent negative effects that become irreversible and health altering. This can be avoided with routine spinal checks and adjustments.