

What is Health?

Health is 100% function of all the cells in the body.

When are we truly healthy?

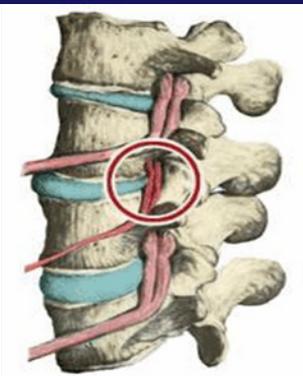
We are healthy when the controlling system of our body, our **Nervous System**, is able to regulate all other body systems without interference. We have “innate intelligence” in our bodies that keeps us healthy when we are aligned.

Everyone experiences daily... **STRESS**

a physical, chemical, or emotional factor that causes bodily or mental tension, a factor in disease causation.

Stress leads to... **SUBLUXATION**

when one or more of the bones of your spine move out of position and create pressure on, or irritate spinal nerves.



Do you know what causes subluxations?

Stress!

How common is Stress?

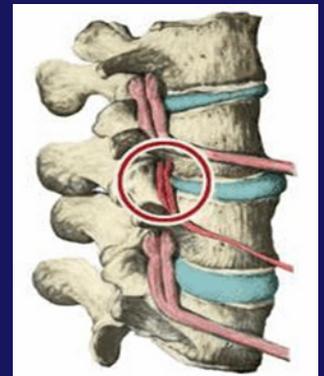
Everyone experiences it.

How do you know if you're subluxated?

Unfortunately, you won't. It almost always occurs without any signs or symptoms.

I wish we all had a red blinking light that would go off on our foreheads every time it happened so we knew to get adjusted.

Which is why you should make sure to get checked every week.



Subluxation leads to... **DIS-EASE**

the state of being uncomfortable, having interference and not functioning properly to maintain a state of ease.

Dis-ease leads to... **SYMPTOMS**

subjective evidence of dis-ease or physical disturbance; something that indicates the presence of bodily disorder.

- fever
- pain
- tender muscles
- inflammation
- headache
- numbness
- burning

What do most people base health on?

How they feel...

This belief has led to a very reactive approach and a lot of problems.

Health is based on function; how your body works not how you feel.

Chronic symptomatic conditions lead to... **DISEASE**

a condition of the living being, or one of its parts, that impairs normal functioning and is manifested by distinguishing signs and symptoms.

- Auto-Immune
- Degeneration
- Fibromyalgia
- Heart Disease
- Kidney Stones
- Metabolic Syndrome
- Diabetes
- Cancer
- Chronic Pains
- Chrohns Disease
- Allergies
- Lyme Disease

Disease leads to... **DEATH**

permanent cessation of all vital functions: the end of life.

A **chiropractor's job** is to analyze the spine for subluxations and remove them with gentle, specific adjustments, aligning the spine.

What is the purpose of the adjustment? To remove interference to your Nervous System so you can express life better throughout your entire body.



HEALTHY

**CHIROPRACTIC ADJUSTMENTS
RESET YOU BACK TO HEALTHY!**

STRESS

DIS-EASE

SYMPTOMS

DISEASE

***Subluxations
start here***



DEATH

Chiropractors discover the underlying issues,
instead of just treating the surface symptoms.

Getting adjusted routinely is vital in maintaining a healthy lifestyle.

**Chiropractic is not just about your
back or your neck, it's about your
LIFE.**

A chiropractic lifestyle is one in which you receive
chiropractic care once a week, simply because it's
good for your health.

It's not a matter of having a backache, getting
headaches, or even feeling good all the time.
It's a matter of doing something that raises and/or
maintains your health on a regular consistent basis.

**We look forward to providing you and your family members with
quality Chiropractic Care for many HEALTHY years to come!!!**

**Keep reading for more details
about our Membership!**

For patients who are looking to not only live pain-free but also want to improve their health and quality of life...

Live Proper Chiropractic offers a **WELLNESS MEMBERSHIP** that will save you time and money to do just that!



MEMBERSHIP HAS ITS BENEFITS

1. **Convenience** – Our Membership Practice operates on a flexible appointment basis. LPC offers a Scheduling App, so members can schedule and reschedule their appointments as needed to fit their busy lifestyles. LPC offers members early hours, late evening hours, and even some weekend hours. Our practice is as convenient as a walk-in clinic without a wait time.
2. **Simple Fees** – One of the key features of a Membership Practice is predictable fees. Our Membership Practice offers all of our members visits at a reduced fixed fee, making the cost of regular chiropractic care predictable and affordable. Simpler fees make third-party reimbursement unnecessary. Saving our Members time and money while receiving more care.
3. **Privacy Rights** - Because insurance is not involved in a Membership Practice, you never need to worry about your information being reported to an insurance clearing house. Care at Live Proper Chiropractic is strictly between our office and our members.
4. **More and Better Service** – Because the Membership Chiropractor's focus IS the adjustment, members tend to get better adjustments AND get in and out quicker, saving time and money. Members receive the same type of care that chiropractors and their families receive.
5. **No Conflicts of Interest** – Our focus of care is on our members and not their insurance company. Because our member's relationship is with the chiropractor and the chiropractor's relationship is SOLELY with our members, AND because fees are FIXED, members never have to wonder if the doctor's recommendations are for their benefit. They KNOW that their recommendation is based on THEIR need and NOT a third-party reimbursement. Never waste time on treatments that may not be needed but are administered elsewhere anyway because they MAY BE paid by insurance.

A Chiropractor that has chosen to offer a Membership Practice, has done so in order to help more people by providing Chiropractic care at an affordable price and in a manner that makes your life simpler and more powerful.

ASK OUR STAFF HOW TO GET STARTED!

Individual and Family plans available



Absolutely 5 stars! When I first started going to Dr. Luke, I had so many problems with my health it was affecting every part of my life. After the first visit, I knew that this was where I needed to be and the changes have been remarkable. I would absolutely recommend him (and have!) to everyone I know.

- Val T.



MEMBER TESTIMONIALS

I began seeing Dr. Luke when I was just a junior in high school. As an athlete, I constantly was adjusted by a Chiropractor. Once I found Dr. Luke, I knew I found the best. He is so caring, invested, and knowledgeable. Dr. Luke has the ability to make any patient feel like they are part of his family. I would recommend Dr. Luke to absolutely anyone!

I love Live Proper Chiropractic.

-Mackenzie B.



Chiropractic is not an overnight cure; it takes time for the body to heal. However, if you stick with Dr. Luke and his team, their personalized customer service, knowledge and dedication will get you where you need to be!

- Monica and Joe

Above and beyond!! Truly cares about your health and wants to see you well. Low monthly membership rates mean you go as needed - not as you can afford; so thankful to have joined Live Proper when I moved to the Westerly area.

- Lia H.



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Chiropractic Adjustments

Understanding the Healing Power of Chiropractic



What is a chiropractic adjustment?

A chiropractic adjustment typically involves a specific force applied to a vertebra, aimed at correcting spinal subluxations. The goal of adjusting the spine is to restore proper motion, improve spinal function and remove interference from the nervous system. There are many different adjustment techniques used by chiropractors; your chiropractor will determine what techniques are appropriate for you.

What is a subluxation?

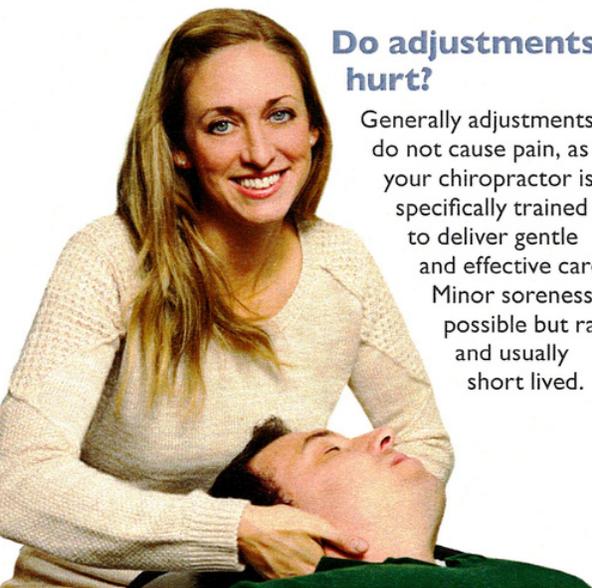
The Vertebral Subluxation Complex or "Subluxation" for short, is a misalignment and dysfunction of one of the bones in your spine (vertebrae). This dysfunction compromises the normal functioning of your nerves and can influence your overall health and wellbeing.

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Are chiropractic adjustments safe?

Chiropractic is a non-invasive, drug-free discipline, therefore the risks associated with it are very low. Adverse events are very rare and your chiropractor will assess you individually for any risks before commencing care.

Chiropractic adjustments are very safe when applied by a licensed chiropractor in a clinical setting. Chiropractors spend many years of training on examination and correction of the spine and are without a doubt the most qualified professionals to perform spinal adjustments.



Do adjustments hurt?

Generally adjustments do not cause pain, as your chiropractor is specifically trained to deliver gentle and effective care. Minor soreness is possible but rare and usually short lived.

Many patients imagine that they have tried everything. True, they have used many remedies, but they have never had the **cause of their infirmity** adjusted. - D.D. Palmer

How long before I feel better?

Many patients will notice some instant relief following their first adjustments; others will take longer to respond. Various factors will affect initial symptomatic relief, including length and severity of the presenting concern, along with other comorbid conditions and compliance to recommendations.

How can adjustments help with problems outside of the spine?

By detecting and correcting subluxations using chiropractic adjustments, interference is removed from the nervous system and your body is allowed to self-heal and self-regulate. A body free of nervous system interference can make a huge difference in the function of every system in your body. Chiropractors are also specifically trained to examine and treat areas outside the spine.

What is the "popping" sound I sometimes hear during my adjustments?

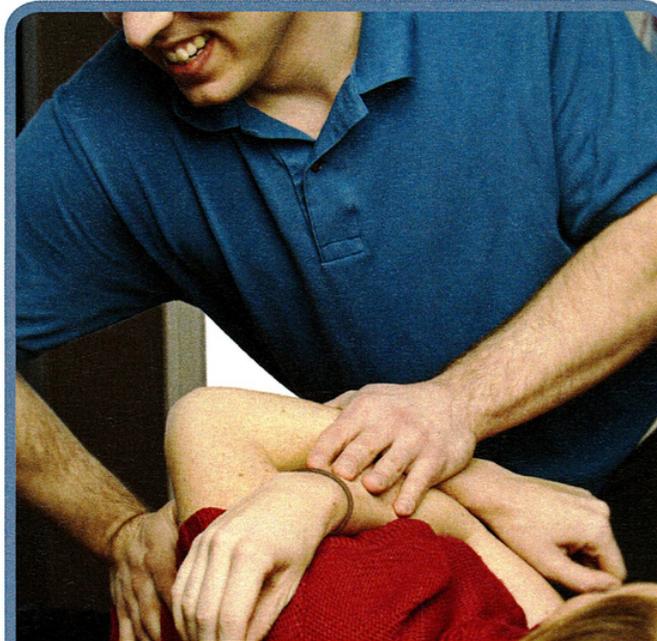
The popping noises are caused by gas bubbles being suddenly released from spinal joints during an adjustment. This noise is completely normal and does not accompany any pain or discomfort.

Why do I need adjustments if I'm not in pain?

It's important for you to know that spinal dysfunction always happens before back pain or neck pain, making most subluxations "silent".

Your body also has a natural way of altering your mechanics to avoid pain when dysfunction is present, which is a smart move in the short term, but not good if you don't eventually correct the dysfunction.

Regular assessments of your spinal biomechanics and nervous system function by a chiropractor can help detect, maintain and prevent dysfunction throughout your body.





Posture

Why it's important to your overall wellness.



● **Head** is held up straight and ear is aligned with shoulders and hips

● **Chest** is high and forward

● **Abdomen** is flat

● **Pelvis** is tucked slightly forward and aligned directly under shoulders

● **Shoulders** are back and aligned with hips

● **Low back** has slight curve

Why is posture so important?

The human spine houses and protects our spinal cord which connects our brain and central nervous system to the rest of our body. Under constant postural strain, the normal movement of the spine can be affected, which then places stress on the nervous system and how we interpret and interact with our environment. Therefore, the integrity of your spine is essential to how you heal, function and ultimately how healthy you are.

In *healthy posture*, the head is perfectly balanced over the shoulders and all four curves of the spine. With every inch of increased forward head posture, **you increase the weight that your spine must support by 10lbs**, thus increasing the tension in your spinal cord.

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Posture affects: Breathing Circulation Digestion

Due to our sedentary lifestyle,

conditions of poor posture are increasingly abundant and starting at earlier ages than ever before. These postural changes should not be ignored as they can lead to negative results throughout the body. The good news is that postural changes can be corrected and future changes can be prevented with care and advice from your chiropractor!

↑ **Upper Crossed Syndrome** is one such condition where the muscles in our chest and posterior neck become increasingly tight while the muscles in our anterior neck and mid back become increasingly weak. This creates excessive stress through our muscular and skeletal systems, causing imbalances in the spine and increasing our propensity for chronic pain and spinal degeneration.

Symptoms of Upper Crossed Syndrome may include: tension at the base of the skull, forward head posture and rounded shoulders. These changes result in decreased blood flow to the brain, pressure on blood vessels surrounding the heart and reduced oxygen uptake in the lungs.

↓ **Lower Crossed Syndrome** is another condition where the muscles in our anterior hip and mid to lower back become increasingly tight while our abdominal and gluteus muscles become increasingly weak. This once again creates excessive stress through our muscular and skeletal systems, causing imbalances in the spine and increasing our propensity for chronic pain and spinal degeneration.

Symptoms of Lower Crossed Syndrome may include: tension, stiffness or spasm in the lower back, hips and side of the leg. These changes can lead to joint pain, reduced flexibility, impaired range of motion, chronic back pain and increased susceptibility to lumbar disc injuries.

