

What to Expect on Your First Visit

You have chosen to consult with one of our Doctors of Chiropractic concerning your health, congratulations! We pride ourselves on our quality patient care. In fact, our business relies almost 100% on word-of-mouth referral. We greatly appreciate the opportunity of meeting your health care needs.

Chiropractic is a healing art that seeks to achieve optimal health, naturally. We use our hands in gentle ways to remove obstacles that inhibit your body's inherent healing mechanisms from performing their duties. Here are a few up-front facts about chiropractic and chiropractors:

- Your Doctor of Chiropractic has had at least 7 years of intensive post-graduate training to allow him/her to receive the D.C. designation.
- The government allows chiropractors to use the term doctor. This means that individuals can seek our care without the need for medical referral.
- We are a regulated health care profession. Our college insures superior standards of care.
- The adjustment is a fast, gentle and comfortable procedure that greatly enhances an individual's health.
- Adjustments are far safer than comparable medical interventions for similar conditions.
- We look at the body as a whole in its function.
- We know that the body does the healing.
- As health care providers, we work with patients to support an environment in the body that will allow the body to heal itself.

What you can expect in your first visit.

In just a few moments, you will be brought into an adjusting room. Your Doctor of Chiropractic will explain the goal of the first appointment to you. At that time he/she will gather all of the relevant health information that is necessary to perform a thorough physical, orthopaedic, neurological, chiropractic (and possibly X-ray) examination. Your Doctor of Chiropractic will analyse the results of your history and examination to determine if you are a candidate for chiropractic care. You may or may not receive treatment on your first visit.

A second visit will be scheduled for a Report of Findings. Your chiropractor will sit down with you within a day or two of your initial visit to explain to you 4 important things. We will let you know:

- 1) If we can help you
- 2) What is wrong with you
- 3) How long it will take to get better
- 4) How much your care is going to cost

Remember to ask as many questions as you would like. We encourage you to express any concerns

CORE INSIGHT CHIROPRACTIC

103-40 Aberdeen Avenue St. John's, NL A1A 5T3 • 709-738-0366 • www.coreinsight.ca

or misgivings you may have up-front. We will do our best to give you our best recommendations.

What exactly is Core Insight™

Our company is devoted to exploring the limits of human potential through Chiropractic Care, Educational Programs and Coaching Services.

What makes us different?

Chiropractic is very different from the medical paradigm of treating the body. We would ask that you have an open mind in considering alternatives to caring for your body. We will do our best to educate you about natural health.

We have invented a process called The Integrative Health Care Solution™ to help us manage the health of our patients. To our knowledge, nobody else uses this technology. The process is based on holistic healing principles and incorporates a specific patient coaching component. The Integrative Health Care Solution™ greatly increases the effectiveness of our techniques and empowers patients to understand the factors underlying ill health.

Please visit our website for further information at www.coreinsight.ca