

Welcome to BackBone Chiropractic Health Facility

We would like to provide you with a list of services that we provide to help you reach your optimum health potential. The staff is well trained in the purpose of the services we offer. The services we have chosen to provide center around the six interferences known to cause disease or imbalances in your health. We are looking to address how to remove or correct these six interferences. So we will list the services under these categories.

We applaud you for taking responsibility for your health and thank you for the opportunity to be a part of your healthcare team.

Diagnostic

New Patient Exams

X-rays

Nervous system scans

Acupuncture Exam

Treatment

Spinal manipulation

Extremity adjustments

Acupuncture treatment

Needles

Needle-less

Auricular Acupuncture

Supportive Physiotherapy

Interferential Therapy

Spinal Traction

Erchonia PL-5 Laser

Kinesiotaping

Massage/Myofascial release therapy

Types of Massage:

Swedish, Hot Stone, Percussion, Sports, Trigger Point, Prenatal & Therapeutic Stretch. (Gift certificates available)

Nutritional/Chemical Interferences

Nutritional Deficiency Testing

Detoxification Foot Bath

Salivary Testing

Hair Mineral Analysis

Metabolic Syndrome Consultation

Bioelectric Impedance Analysis

Emotional/ De-Stress Color/Sound Therapy

Individual session

Couple/Family Integration session

Allergy Desensitization

Allergy work (includes foods, organs and emotions, Texas environmental allergies)

Structural Subluxations

Advances in treating subluxations are available today. With the proper tools and training we have received, you will see dramatic improvement in the results from adjustments.

Three of these tools are:

- Percussor
- Adjustor
- Cold Laser

Adjustor

Spinal adjusting tool used in conjunction with other manual techniques and tools used to stimulate messages to the brain through the spinal pathways. This allows faster recovery from injuries and quicker healing via proper communication to the brain from all areas of your spine.

Percussor

A myofascial instrument used to release restricted muscle tissue and break up scar tissue.

Erchonia Cold Laser

The first cold laser approved by the FDA for healing. Many NFL teams, Lance Armstrong and Olympians, use it. The frequency it emits is the same frequency as a healthy cell. It can also reset muscles neurologically in 12 seconds. More specific details are as follows:

The basic premise is that LLLT (low level light therapy) stimulates cell activation processes, which, in turn, intensify physiologic activity. Healing is essentially a cellular process and light energy initiates a cascade of reactions, from the cell membrane to the cytoplasm, to the nucleus and DNA. This is called cellular amplification; a phenomenon whose demonstration earned the Nobel Prize in Physiology or Medicine in 1994.

There are many biological processes that take place in tissues that have been shown to respond to LLLT in the 630-640 nanometer wavelength range. One of these processes is the enhancement of ATP production in the mitochondria, which provides more energy substrate for cellular healing and tissue recovery post injury. This wavelength has also been shown to decrease inflammatory mediators in wounds and increase endogenous endorphin release.

When one considers that wounds have varying degrees of cellular and vascular damage, the wound site can be in a potentially anaerobic state. Cells deprived of oxygen or blood supply have a potential to increase lactic acidosis and therefore amplify local cellular damage. Normal physiologic healing requires growth factors and cytokines to be released at the wound site. These cell mediators call inflammatory cells to the wound, which clean up damaged tissues, fight bacteria, and stimulate fibroblasts and vascular cells to grow to try to heal the zone of injury. The physiologic concept is that LLLT improves cellular metabolism and accelerates the process of debris cleaning, improves neutrophil bacterial clearing and hastens cellular division. Therefore, all stages of wound healing; hemostasis, inflammation, cell proliferation and migration, collagen synthesis, wound contraction, and wound remodeling proceed more rapidly and more efficiently.

Emotional Release Work

Mind Over Matter

When unresolved emotional problems are manifesting in physical symptoms, your need more than an adjustment. Our techniques will help you 'clear' negative emotions. Color therapy, NLP, emotional release therapy and behavior modifications are a few of the powerful tools that are available.

As you learn to quickly identify the stressors and emotional issues that are holding you back – and are able to utilize the proper healing strategies to address these issues – you'll see dramatic improvements in your response to treatment.

The Big Picture

Your symptoms are rarely triggered by physical causes alone. Negative emotions frequently get in the way of a successful adjustment. Learning to address these issues as part of an overall

treatment regime is an important step in providing comprehensive healing.

Nutritional Testing

Super Size Me

Junk food is now the rule – and not the exception – as a primary component of our diets. Addressing supplementation issues requires a variety of high quality nutraceuticals, and the knowledge to design the optimal nutritional plan.

As a result of our intensive, in depth training – combined with the highest quality supplements available – we will address this important area of your health with complete confidence.

An Apple Bushel A Day

With over five-hundred supplements available, we can offer you a combination of minerals, vitamins and enzymes optimized for your needs. Each of the more than 3,800 raw materials used in our formulations undergo regular and random lab analysis to ensure purity and potency.

Our supplements replenish nutrition for organs, glands or systems weakness, reduce infective organisms, replace enzymes and/or HCL to aid digestion, assimilation and elimination and restore proper bowel flora to optimize colon function.

In conjunction with the Six Steps to Wellness, providing you with a personalized supplementation regime will contribute to providing you with exceptional health.

The protocol is based on the organ reflex points used in acupuncture for over the last 6000 years. You will be tested using a muscle response protocol that will check various areas for a decrease in life energy. If a decrease in life energy exists in an

organ system (a precursor to all disease processes) then a supplement that helps to increase the life energy will be given to support that organ until the organ system checks strong. Some of the areas checked are as follows:

Liver, Gallbladder, Cystic Duct, Heart, Spleen, Pancreas, Stomach, Small Intestine, Large Intestine, Bladder, Male and Female Reproductive Organs, Kidneys, Adrenals, Lung, Endocrine Glands, and any infectious organisms such as bacteria, yeast, parasites or virus.

Detoxification

Spring Cleaning

Toxins are everywhere – they're in the food we eat and the air we breathe. All of these toxins are getting in the way of your health and overall quality of life. At BackBone Chiropractic we have a variety of detoxification techniques to help you rid you of these harmful toxins.

Harmful toxins can cause a variety of health complications, such as:

- arthritis
- allergies
- chronic pain
- autoimmune diseases
- inflammation

Pure and Simple

One of our most-popular methods of detoxification is our detox footbath. The detox footbath was designed and developed to restore the body's energy and balance while facilitating and aiding in its natural detoxification process.

Through a regular detoxification program, you can maintain a general feeling of wellbeing and overall health. (If you would like to watch a short DVD on the benefits of a detox cellular cleanse please ask the front desk)

Allergy Desensitization

An ASERTive Approach

Allergies and related sensitivities can be difficult to diagnose and eliminate from your life. A solution is a unique diagnostic and elimination regime –referred to as A/SERT – that is an important part of the Brimhall Six Steps to Wellness™ program.

A/SERT (Allergy / Sensitivity Elimination and Reprogramming Technique) is a revolutionary treatment system based on the principles of Chiropractic, Acupuncture, and Applied Kinesiology.

Improve or Eliminate

Your energy system and brain interpret a particular substance (a diamond ring, a whole wheat bagel, a peanut, hot water, sun light) as potentially harmful to your body, and your body reacts. Your energy pathways freeze up as a way of defending the body against this unsuitable substance. These principles form the basis of the A/SERT allergy and sensitivities treatment regime.

The A/SERT technique is a modification of NAET (Nambudripad's Allergy Elimination Technique) developed by Dr. Devi Nambudripad. It is simple, non-invasive and extremely effective. You will find it to be a powerful solution to eliminating allergies and sensitivities in your life.