

## Optimal Wellness and Chiropractic

*Do you want to live or LIVE WELL*

**While under Chiropractic care, many of our patients have experienced many different **side-benefits.****

**The following is a list of the most common things that we have seen here at our office.**

- Decreased pain
- Increased Energy
- Sleep Better
- Feel more rested when done sleeping
- Move more
- Move without pain
- Improved digestion
- Improved immunity (not political type☺)
- Can do chores without trouble
- Allergy improvement
- Think better
- Can play with kids/grandkids
- Improve ear infections
- Breathe easier
- Make more money
- Feel great
- Ease PMS
- Decreased Headaches
- Improved Elimination
- Increased Flexibility
- Increased Vitality
- Decreased Drug use
- Get back to work faster
- Improved Memory
- Stimulate other Lifestyle changes