

A passionate advocate for your health

I have never [before] experienced any doctor caring enough to do follow-up calls or give seminars and information on better living. In one month, I feel better and have less pain, and for the first time in years, I am sleeping through the night," says patient Therese Frei of Victoria.

Rewarding feedback such as this is a daily occurrence for Dr. Cale Copeland, whose obvious enthusiasm for helping people achieve optimum health through regular chiropractic care comes largely from his personal experience of overcoming his own health challenges.

Dr. Copeland is not merely a chiropractor—he's more of a crusader. Years ago, after his transformational experiences as a chiropractic patient, the gift of healing convinced him to change his career. A Registered Nurse, he packed up his family and moved to California to attend the Palmer College of Chiropractic, where he graduated *magna cum laude*.

"I had suffered from asthma, allergies and heartburn most of my life," he explains. "At one point I was on six different medications. When I was 25, I was hit by a car while riding my bike. Although I sought chiropractic care for back pain, I discovered that normalizing nervous system function, which restores the body's amazing healing and self-regulating capacity, has a positive effect on every aspect of health. After approximately six months of regular chiropractic care, my health began to soar. I don't take any medications now. My own experience is what fuels my passion, and why my mission is to share the gift of chiropractic with others so that they, too, can experience wellness."

Even a minor injury or strain can have a very severe effect on our ability to be fully functional, notes Dr. Copeland, because the spinal cord is the main path for our entire nervous system. Any damage to it can lead to a wide variety of complaints



Victoria Family Chiropractic's Dr. Cale Copeland, Debbie Vermaning (I) and Nancy Balmer.

such as back or neck pains, headaches, shoulder pain, numbness of the extremities, and limited mobility.

A chiropractor focuses on treating the cause of these problems rather than just the symptoms. In addition to chiropractic treatments, Dr. Copeland offers his patients support in the form of weekly one-hour seminars on different facets of stress management and healthy living.

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—Dr. Cale Copeland

When beliefs change, then healthy choices follow naturally," he explains. "By becoming advocates for our own well-being, and understanding that the nervous system controls every function in the body, then it follows that we want to maintain proper spinal hygiene. We want to keep that superhighway flowing easily. We don't want traffic jams, and failing health."

Because stress creates a cascade of the body's natural coping systems that eventually cause problems of their own, Dr. Copeland says, "To achieve wellness, we must make adjustments to our beliefs and our lifestyle, so that we get out of the 'stress feedback loop.' This is just as important as adjustments to our spine, and that is why I see my role as an educator, not just a practitioner."

To schedule an appointment please call the office at 592.5553 or for more info visit www.vfchiro.com. Become a passionate advocate for your own well-being—enjoy the benefits of Dr. Cale Copeland's caring and educational approach to achieving optimum health through regular chiropractic care.



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www.vfchiro.com • 592.5553