

April 21, 2009

Volume 5, Issue 4

# Achieving Wellness

## To Your Greatness

By Dr. Cale Copeland BSN, DC

My wife and I were recently having breakfast in a B&B with two other couples. One gentleman, a 75 year old well groomed man, was having difficulty walking to the eating area, his speech was slurred and he was hunched forward. He explained he had a bad back, something he had surgery for in the past. The other couple piped up saying the husband had also had spine surgery. Furthermore the second couple knew of two other people who had back surgeries that had both failed. Not surprisingly when I explained I was a Chiropractor both said they had never seen one.

Several important lessons can be taken from this. First, of all the natural healing disciplines, Chiropractic is the most important to your well-being, as the spine houses the nervous system, which as you know is responsible for the near infinite functions on both micro and macro level within the body. Second, Chiropractic is NOT designed specifically as a treatment for back pain. It IS designed to remove interference (subluxation) from the nerve system, which is critical for overall wellness. Finally, a preventative proactive lifestyle (which includes regular Chiropractic check-ups) is the only way to live a long and vital life.

Fitting that during my stay in San Francisco, Jerry Rice the NFL's greatest receiver of all time, Hall of Fame hero and former San Francisco 49er applauds Chiropractic. Rice believes Chiropractic has helped him tremendously over the years and wants others to experience the same results. Obviously, going to the chiropractor may not make you the world's best receiver but it can certainly help you live a happier, healthier life free from pain.

"Chiropractic care has been instrumental in my life, both on and off the field, and I am excited to share this with the American public," says Rice. "I have been blessed with a long and healthy career as a professional athlete, and as I move forward into the next stage of my life, chiropractic care will continue to be an important part of my game plan."

Rice credits chiropractic care in terms of his achievements on the gridiron, the dance floor and life in general. "Optimal health has been a key to the success of my athletic career, my dancing experience and my ability to enjoy my life to the fullest." *To Your Health March, 2009 (Vol. 03, Issue 03)*

## Spinal Decompression

You may have noticed the recent full-page advertisements in the Times Colonist for Spinal Decompression. We are very excited to offer this cutting edge, highly successful treatment. Spinal decompression involves a specifically designed table and advanced computer system. After a consult with myself, each patient receives a customized treatment program based on their age, weight and severity of condition.

The technology gently pulls and decompresses the spine allowing blood and nutrients to reach spinal discs and joints facilitating healing.

**Conditions Treated:** Disc bulges or herniations, spinal stenosis, sciatica, pinched nerves, carpal tunnel, osteoarthritis, Fibromyalgia, degenerative disc disease, and neck and back pain.

**Number of Treatments Required:** A series is generally recommended. Treatments can last two weeks to several months depending upon severity.

**Am I a candidate?** Book a free consultation with the doctor. X-Rays, MRI's or CT scans are usually conclusive, so bring your reports.

For more information please see our website [www.vfchiro.com](http://www.vfchiro.com), grab our brochure or speak with the doctor. The results our patients have experienced either as a stand alone treatment or with chiropractic care have been amazing.



Ready to  
Win the  
RBC Cup

May 2-10,  
2009



Our mission is to improve the quality of your life and help you reach your fullest potential

**250.592.5553**

**[www.vfchiro.com](http://www.vfchiro.com)**