



Peak Performance Therapies: Chiropractors

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This worksheet is a supplement training guide to “Peak Performance Therapies: Chiropractors” video published on May 18, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

This guide is the third of the peak performance video series. We believe on having a team of highly skilled and experienced practitioners servicing all of your health requirements and needs.

What is Chiropractic?

Chiropractic is a manual approach, providing diagnosis, treatment and preventive care for disorders related to the spine, pelvis, nervous system and joints. The main goal of spinal manipulation is to correct structural alignment and improve your body's physical function.

The basic principle of chiropractic is that the body has the amazing, innate ability to heal itself (under the right conditions), and it is the reliable chiropractor's job to help create an environment to facilitate this.

Some chiropractic benefits include:

- back pain
- headaches
- neck pain
- asthma
- organ function
- performance
- energy
- surgery
- pregnancy

Define your purpose? What is the reason for you to consider chiropractor? Is it to cure pain, increase flexibility, enhance your performance?

Once you have the reason, you can easily build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com