

paun family chiropractic and wellness pc

Paun Family Chiropractic and Wellness PC: Your Path to Total Well-being

Are you experiencing persistent back pain, nagging headaches, or just feeling generally "off"? Are you searching for a holistic approach to wellness that goes beyond quick fixes? Then look no further. This comprehensive guide dives deep into Paun Family Chiropractic and Wellness PC, exploring their services, philosophy, and how they can help you achieve optimal health and well-being. We'll cover everything you need to know to determine if Paun Family Chiropractic is the right fit for your healthcare journey.

Understanding Paun Family Chiropractic and Wellness PC's Approach

Paun Family Chiropractic and Wellness PC isn't just another chiropractic office; it's a center dedicated to a comprehensive and personalized approach to health. They understand that the body is a complex interconnected system, and addressing pain or discomfort requires a holistic understanding of its underlying causes. Instead of simply treating symptoms, they focus on identifying and addressing the root issues, promoting long-term wellness rather than temporary relief. This patient-centered approach is what sets them apart.

Services Offered at Paun Family Chiropractic and Wellness PC

Paun Family Chiropractic and Wellness PC offers a wide array of services designed to cater to diverse healthcare needs. Their services often include, but are not limited to:

Chiropractic Adjustments: These gentle, precise adjustments restore proper spinal alignment, relieving pain and improving overall body function. They utilize various techniques to tailor the adjustments to each patient's unique needs and comfort level.

Massage Therapy: Therapeutic massage helps relieve muscle tension, improve circulation, and reduce stress. Different massage modalities may be offered to address specific concerns.

Physical Therapy: This may include exercises and stretches designed to

improve strength, flexibility, and range of motion. Physical therapy is often integrated with chiropractic care for a comprehensive approach to recovery.

Nutritional Counseling: Understanding the vital role of nutrition in overall health, Paun Family Chiropractic and Wellness PC may offer guidance on dietary changes to support optimal well-being.

Wellness Programs: They may develop personalized wellness plans combining various services to achieve specific health goals. This might involve a combination of chiropractic adjustments, massage therapy, and lifestyle recommendations.

Acupuncture (if offered): Some chiropractic clinics incorporate acupuncture into their services. This ancient practice can help alleviate pain and promote relaxation. (Check with the clinic directly to confirm if this is offered.)

Why Choose Paun Family Chiropractic and Wellness PC?

Choosing a healthcare provider requires careful consideration. Here's what makes Paun Family Chiropractic and Wellness PC stand out:

Patient-Centered Care: They prioritize individual needs and create personalized treatment plans tailored to each patient's specific situation.

Holistic Approach: They treat the whole person, not just the symptoms, focusing on identifying and addressing the root causes of health issues.

Experienced and Knowledgeable Team: They likely employ a team of highly trained and experienced professionals dedicated to providing exceptional care.

Comfortable and Welcoming Environment: A relaxed and welcoming atmosphere can significantly impact the healing process. A positive and supportive environment is crucial for patient comfort.

Focus on Prevention: In addition to treatment, they likely emphasize preventative care to help patients maintain their health and well-being long-term.

The Paun Family Chiropractic and Wellness PC Difference: Beyond the Adjustments

What truly distinguishes Paun Family Chiropractic and Wellness PC is their commitment to creating a partnership with their patients. It's about building a relationship based on trust, understanding, and a shared goal of achieving optimal health. They invest time in getting to know each patient, understanding their lifestyle, and working collaboratively to develop a customized plan that fits seamlessly into their lives. This collaborative

approach ensures that patients feel empowered and actively involved in their own healing journey.

Taking the Next Step: Contacting Paun Family Chiropractic and Wellness PC

If you're ready to experience the Paun Family Chiropractic and Wellness PC difference, the next step is simple. Visit their website (insert website address here), call them directly (insert phone number here), or visit their office (insert address here) to schedule a consultation. The initial consultation is crucial for assessing your needs and developing a tailored plan. Don't hesitate to reach out with any questions you may have before your appointment.

Conclusion

Paun Family Chiropractic and Wellness PC offers a unique and effective approach to achieving total well-being. Their holistic philosophy, coupled with a personalized care approach, makes them a stand-out choice for those seeking lasting relief and improved health. By addressing the root causes of discomfort and focusing on preventative care, they empower their patients to take control of their health journey and live healthier, happier lives.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a chiropractor at Paun Family Chiropractic and Wellness PC? Generally, no referral is needed to see a chiropractor. However, it's always best to check with your insurance provider to understand your coverage.
1. What forms of payment does Paun Family Chiropractic and Wellness PC accept? Contact the clinic directly to inquire about accepted payment methods, including insurance coverage.
1. What should I expect during my first appointment? Your first appointment will likely involve a thorough health history review, physical examination, and discussion of your health concerns. The chiropractor will discuss treatment options based on your individual needs.

1. How long will my treatment plan last? The duration of treatment varies depending on your specific condition and response to therapy. Your chiropractor will provide a more accurate estimate after your initial evaluation.

1. Is chiropractic care safe? Chiropractic care is generally safe when administered by a qualified and licensed professional. However, as with any healthcare treatment, there are potential risks, which your chiropractor will discuss with you. Always communicate any concerns or discomfort you experience during treatment.

paun family chiropractic and wellness pc: Evidence-Based Geriatric Nursing Protocols for Best Practice Marie Boltz, PhD, RN, GNP-BC, FGSA, FAAN, Elizabeth Capezuti, PhD, RN, FAAN, Terry T. Fulmer, PhD, RN, FAAN, DeAnne Zwicker, DrNP, APRN, BC, 2016-03-28 This new edition of one of the premier references for geriatric nurses in hospital, long-term, and community settings delivers current guidelines, real-life case studies, and evidence-based protocols developed by master educators and practitioners. With a focus on improving quality of care, cost-effectiveness, and outcome, the fifth edition is updated to provide the most current information about care of common clinical conditions and issues in older patients. Several new expert contributors present current guidelines about hip fractures, frailty, perioperative and postoperative care, palliative care, and senior-friendly emergency departments. Additionally, chapters have been reorganized to enhance logical flow of content and easy information retrieval. Protocols, systematically tested by more than 300 participating NICHE (Nurses Improving Care for Health system Elders) hospitals, are organized in a consistent format and include an overview, evidence-based assessment and intervention strategies, and an illustrative case study with discussion. Additionally, protocols are embedded within chapter text, providing the context and detailed evidence for each. Chapter objectives, annotated references, and evidence ratings for each protocol are provided along with resources for additional study. New to the Fifth Edition: Reorganized to enhance logical flow of information and ease of use Updated and revised Includes new contributions from expert educators and practitioners Provides new chapters on perioperative and postoperative care, general surgical care, care of hip fracture, palliative care, and the senior-friendly emergency department Key Features: Includes PowerPoints and a test bank for instructors Delivers evidence-based, current guidelines and protocols for care of common clinical conditions in the older person Illustrates the application of clinical protocols to real-life practice through case studies and discussion Edited by nationally known geriatric leaders who are endorsed by the Hartford Institute for Geriatric Nursing and NICHE Written for nursing students, nurse leaders, and practitioners at all levels, including those in specialty roles

paun family chiropractic and wellness pc: Remembering Somerville, New Jersey Jessie Lynes Havens, 2008 A compilation of Jessie Haven's Hindsight columns from the Somerset messenger-gazette.

paun family chiropractic and wellness pc: Recovery-stress Questionnaire for Athletes Michael Kellmann, Konrad Wolfgang Kallus, 2001 Provides athletic specialists, trainers, and coaches with resources for monitoring athletes to avoid over-training, burnout, and decreased performance. The questionnaire is based on the hypothesis that an accumulation of stress in different areas of life, with insufficient opportunity for recovery, leads to a compromised psychophysical state. Stress

states are based on 12 nonspecific and seven sports-specific scales. The questionnaire package offers tools to measure and track an athlete's recovery, including two complete questionnaires (72- and 56-item forms), manual scoring keys, profile sheets, and a user manual that describes questionnaire development and data and profile interpretation.c. Book News Inc.

paun family chiropractic and wellness pc: Adjustment Computations Paul R. Wolf, Ph.D., Charles D. Ghilani, 1997-02-05 This book examines every aspect of least square adjustment. It defines terms and introduces readers to the fundamentals of errors and describes methods for analyzing them. It also illustrates the application of least squares in adjusting a wide range of survey types and provides detailed coverage of applications of least squares to GPSs and GISs.

paun family chiropractic and wellness pc: Enhancing Recovery Michael Kellmann, 2002 A guide for exercise scientists, coaches, and athletes who want to learn new ways to treat and prevent athletic overtraining and underperformance, this book draws on the fields of medicine, physiology, periodization training, and psychology as well as studies of motivation, health, and lifestyles to explore all aspects of underrecovery in sports and in everyday life. Emphasis is on recovery and intervention strategies from a psychological and physiological perspective. Kellmann is on the faculty of sport science at the University of Bochum in Germany. Annotation copyrighted by Book News, Inc., Portland, OR

paun family chiropractic and wellness pc: Cryotherapy in Sport Injury Management Kenneth L. Knight, 1995 Cold therapy comprehensively explained ADDL ITEMSMHKV0442 Cryotherapy Video Set

paun family chiropractic and wellness pc: *Multicultural Counseling Competencies* Derald Wing Sue, Robert T. Carter, J. Manuel Casas, Nadya A. Fouad, Allen E. Ivey, Margaret Jensen, Teresa LaFromboise, Jeanne E. Manese, Joseph G. Ponterotto, Ena Vazquez-Nuttall, 1998-02-12 This book will provide practitioners, researchers and counsellor trainers with the knowledge they need to influence more competent therapeutic practice with a diverse clientele. It is a companion volume to Volume 7 in the Multicultural Aspects of Counseling series.

paun family chiropractic and wellness pc: *Handbook of Counseling Psychology* Steven D. Brown, Robert W. Lent, 2008-06-02 This completely revised and updated Fourth Edition of the Handbook of Counseling Psychology presents a cross-disciplinary survey of the entire field?combining a scholarly review of important areas of counseling psychology with current and insightful analyses of topics. The new edition equips you with a leading resource containing the latest information on the prevention and treatment of vocational, educational, and personal adjustment problems.

paun family chiropractic and wellness pc: *Counseling Across Cultures* Paul B. Pedersen, Walter J. Lonner, Juris G. Draguns, Joseph E. Trimble, Maria R. Scharron-del Rio, 2015-01-14 Offering a primary focus on North American cultural and ethnic diversity while addressing global questions and issues, *Counseling Across Cultures*, Seventh Edition, edited by Paul B. Pederson, Walter J. Lonner, Juris G. Draguns, Joseph E. Trimble, and María R. Scharrón-del Río, draws on the expertise of 48 invited contributors to examine the cultural context of accurate assessment and appropriate interventions in counseling diverse clients. The book's chapters highlight work with African Americans, Asian Americans, Latinos/as, American Indians, refugees, individuals in marginalized situations, international students, those with widely varying religious beliefs, and many others. Edited by pioneers in multicultural counseling, this volume articulates the positive contributions that can be achieved when multicultural awareness is incorporated into the training of counselors.

paun family chiropractic and wellness pc: *The Viagra Diaries* Barbara Rose Brooker, 2013-04-30 A funny, fearless, and inspiring novel about dating after the age of sixty. THE NOVEL THAT PROVES THERE'S PLENTY OF LIFE—AND HOT SEX—AFTER SIXTY! Just because Anny Applebaum qualifies for a senior discount doesn't mean she's ready for retirement. But if she wants to keep her job at the San Francisco Times, she'll have to find a way to spice up her lifestyle column. Even if it means posting her profile as an eligible single on JDate .com. Sure, Anny's a little out of

practice. She hasn't been with a man since she found Viagra in her ex-husband's suit pocket, and he wasn't taking it for her. But she's got her friends to help her fumble her way through the strange and intriguing world of online dating. After hearing cautionary tales from the trenches—about “boomer oldies” who drag around pictures of their dead wives and fixed-income misers who wine and dine their dates at chain restaurants—Anny is relieved to meet Marv Rothstein, a charming . . . 75-year-old diamond dealer. Unfortunately, he's also a Digital Age Don Juan who prowls singles sites for younger women. Not to be outdated by this “Serial JDater,” Anny realizes Marv is the perfect subject for her flagging column and chronicles his sexcapades for the reading public. But when the new column becomes an overnight hit, Anny can't help but feel conflicted—because now she's having sex with Mr. X . . . and it's nothing less than extraordinary.

paun family chiropractic and wellness pc: The Playbook Paulson, 2021-09-15

paun family chiropractic and wellness pc: Handbook of Psychotherapy Integration John C. Norcross, Marvin R. Goldfried, 2005-02-24 The 13 years between the publication of the original edition of the handbook and this second edition have been marked by memorable growth in psychotherapy integration. The original classic was the first compilation of the early integrative approaches and was hailed by one reviewer as the bible of the integration movement. In the interim, psychotherapy integration has grown into a mature, empirically supported, and international movement. This second edition provides a state-of-the-art, comprehensive description of psychotherapy and its clinical practices by leading proponents. In addition to updates of all of the chapters, the new edition features: (1) eight new chapters covering topics such as cognitive-analytic therapy, integrative psychotherapy with culturally diverse clients, cognitive-behavioral analysis system, and blending spirituality with psychotherapy, (2) an entirely new section with two chapters on assimilative integration, (3) updated reviews of the empirical research on integrative and eclectic treatments, (4) chapter guidelines that facilitate comparative analyses and ensure comprehensiveness, and (5) a summary outline to help readers compare the integrative approaches. Blending the best of clinical expertise, empirical research, and theoretical pluralism, the revision of this integration bible will prove invaluable to practitioners, researchers, and students alike.

paun family chiropractic and wellness pc: Brief Strategic Family Therapy José Szapocznik, Olga E. Hervis, 2020 This book describes Brief Strategic Family Therapy, a strengths-based model for diagnosing and correcting interaction patterns that are linked to troublesome symptoms in children ages 6 to 18.

paun family chiropractic and wellness pc: Handbook of Professional Ethics for Psychologists William O'Donohue, Kyle E. Ferguson, 2003-01-23 The Handbook of Professional Ethics for Psychologists provides comprehensive coverage of topics typically neglected in books on ethical issues in psychology. Rather than take ethical pronouncements as dogma not to be questioned but simply understood and observed, the authors encourage a questioning, critical attitude. Divided into four parts, this provocative text provides comprehensive coverage of foundational issues, professional issues, special topics, and special populations. A distinguished group of scholars and researchers examine Moral reasoning and the ethics of professional licensing; Confidentiality in psychotherapy; Fees and financial arrangements; The termination and referral of clients; The use of deception in research; Ethnic minority issues and Consent in the treatment and research of children. The Handbook of Professional Ethics for Psychologists considers the compatibility of science and morality. Challenging readers to question the fundamental philosophical values of professional psychology, the editors and contributors inspire the ethical impulse and encourage active moral leadership.

paun family chiropractic and wellness pc: The Encyclopedia of Elder Care Elizabeth Capezuti, PhD, RN, FAAN, Michael L. Malone, MD, Paul R. Katz, MD, Mathy D. Mezey, RN, EdD, FAAN, 2013-12-11 The information [in this book] is amazing. I reviewed topics in which I have expertise and was very satisfied. This is an excellent addition to my library and I will refer to it often, much like a medical dictionary. Score: 90, 4 Stars.--Doody's Medical Reviews The third edition of this encyclopedia provides 273 comprehensive, yet succinct, entries on a variety of topics related to

elder care. ... In addition, many of the entries include see also references that help readers easily navigate the book. Entries are written at an undergraduate level and would be useful for practitioners, students, and caregivers...Recommended.--Choice: Current Reviews for Academic Libraries This interdisciplinary clinical reference encompasses more than 310 current entries on a broad range of topics related to geriatrics and geriatric care across multiple health care disciplines. The third edition reflects the many advances in geriatrics that have occurred since the publication of the second edition in 2006. It contains the updated, evidence-based contributions of more than 260 nationally recognized geriatric healthcare professionals regarding elder-care concerns relating to society, community, caregiving, and the individual. Completely new entries address Geriatric Care Models (acute care for elders, Project BOOST), Geriatric Health Issues (diarrhea in adults, prolonged hospitalization, frailty, fronto-temporal dementia, re-hospitalization, acute urinary retention, personality and aging, primary palliative care), Technology and Aging (Smart home sensors, Telehealth, Surveillance technology), and more. The Encyclopedia is organized alphabetically and includes links to important Web-based resources and Apps. Clinical topics comprehensively address diagnosis, treatment, and disease management. Health care clinicians across the continuum will find this reference—the only one of its kind—to be a valuable guide to making appropriate referrals to social service providers, and social service professionals will be well informed by highly accessible descriptions of diagnoses, clinical syndromes, and care management. Key Features: Includes over 310 updated geriatric and geriatric care clinical entries across multiple healthcare disciplines Contains state-of-the-art contributions from over 260 nationally recognized geriatric healthcare experts Provides clinical content for social service professionals and social care information for clinicians Offers new information on multiple topics relating to Geriatric Care Models, Geriatric Health Concerns, and Technology and Aging References numerous Web-based resources and Apps

paun family chiropractic and wellness pc: Geropsychiatric Nursing Mildred O. Hogstel, 1995 This timely reference provides a comprehensive overview of geropsychiatric nursing focusing on the mental health problems, needs, and special care of clients age 65 and older. While presenting an essential theoretical base, the book also emphasizes wellness and focuses on assessment and intervention strategies needed by nurses who care for older adults with mental disorders in acute care, home, and long-term care settings.

paun family chiropractic and wellness pc: The Portable Mentor Mitchell J. Prinstein, 2012-09-14 The ten year anniversary of the book offers an excellent opportunity to publish a second edition. Several aspects of the book have evolved considerably since its first printing. For instance, substantial revision to the internship, licensure, and certification processes has occurred, and are reflected in this resource. Much of the literature on clinical psychology, cultural sensitivity, and the current job market is updated. Changes in technology have large effects on teaching and practicing clinical psychology. These modifications are needed to offer appropriate and updated information for students. In short, virtually every chapter has substantial modification to ensure that the material is accurate and up to date.

paun family chiropractic and wellness pc: Cuento Therapy Giuseppe Costantino, 1985 A seven-year project developing and testing cuento therapy, a form of child psychotherapy in which Puerto Rican mothers recount to their children folktales taken from Puerto Rican culture, is described and evaluated in this monograph. Chapter 1 explains how the research presented in later chapters fits into substantially broader patterns of research focusing on the treatment of the psychological problems of Hispanic populations living in the United States. Chapter 2 presents an interdisciplinary discussion of traditional folk-healing practices in Puerto Rico, the function of folktales throughout history, the use of storytelling in psychotherapy, the theoretical framework of cuento therapy, and the mother's role in the therapy. Chapter 3 presents the methodological procedures used in conducting cuento therapy and in evaluating treatment outcomes. Chapter 4 provides results of an analysis of treatment effects on trait anxiety, cognition role-playing observations, and personality profiles. Finally, Chapter 5 presents a general overview of the clinical

utility of cuento therapy. The major finding was that cuento therapy was effective in reducing trait anxiety. It also improved cognitive skills relating to social judgment and had some effect on aggressive behavior as observed in role-playing situations. Its effect upon children's personality development was unclear, but its sensitivity to the clients', not the therapists', cultural background should be useful to community mental health centers serving Puerto Rican clients. (KH)

paun family chiropractic and wellness pc: *Evidence-based Practices in Mental Health* John C. Norcross, Larry E. Beutler, Ronald F. Levant, 2006 Mental health professionals comprise a nation of differences. Those differences do not necessarily make us weak; differences can serve as sources of creativity, strength, and progress if constructively harnessed. In this volume, we have tried to constructively harness the active interplay of these various tenaciously held views, to find the harmony among these diverse voices on EBPs in mental health. In terms of process, informed dialogue and respectful debate are surely the ways to progress. In terms of outcome, we should remember that the overarching goal of EBPs, however defined and disseminated, is to enhance the effectiveness of patient services and to improve public health--Book. (PscINFO Database Record (c) 2006 APA, all rights reserved)

paun family chiropractic and wellness pc: Case Approach to Counseling and Psychotherapy Gerald Corey, 2013 Case Approach to Counseling and Psychotherapy, 8/e, International Edition vividly illustrates how major counseling approaches work with a single client, Ruth. Dr. Corey provides solid examples of psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, and postmodern theories in action. Dr. Corey applies each therapeutic approach to a single client, illustrating how the various theories work and helping you see exactly how the techniques differ. Well-respected and widely recognized practitioners serve as guest commentators, offering their unique perspectives on Ruth's case. Commentators include founders of some of the therapies, such as William Glasser for choice theory and reality therapy, Arnold Lazarus for multimodal therapy, and Albert Ellis for rational emotive behavior therapy.

paun family chiropractic and wellness pc: *Unequal Treatment* Institute of Medicine, Board on Health Sciences Policy, Committee on Understanding and Eliminating Racial and Ethnic Disparities in Health Care, 2009-02-06 Racial and ethnic disparities in health care are known to reflect access to care and other issues that arise from differing socioeconomic conditions. There is, however, increasing evidence that even after such differences are accounted for, race and ethnicity remain significant predictors of the quality of health care received. In *Unequal Treatment*, a panel of experts documents this evidence and explores how persons of color experience the health care environment. The book examines how disparities in treatment may arise in health care systems and looks at aspects of the clinical encounter that may contribute to such disparities. Patients' and providers' attitudes, expectations, and behavior are analyzed. How to intervene? *Unequal Treatment* offers recommendations for improvements in medical care financing, allocation of care, availability of language translation, community-based care, and other arenas. The committee highlights the potential of cross-cultural education to improve provider-patient communication and offers a detailed look at how to integrate cross-cultural learning within the health professions. The book concludes with recommendations for data collection and research initiatives. *Unequal Treatment* will be vitally important to health care policymakers, administrators, providers, educators, and students as well as advocates for people of color.

paun family chiropractic and wellness pc: American Indians and Native Alaskans , 1998

paun family chiropractic and wellness pc: *P.C., M.D.* Sally Satel, 2008-01-07 Drawing on a wealth of information PC, M.D. documents for the first time what happens when the tenets of political correctness-including victimology, multiculturalism, rejection of fixed truths and individual autonomy-are allowed to enter the fortress of medicine.

paun family chiropractic and wellness pc: *Nutrition and Aging* Irwin H. Rosenberg, Ana Sastre Gallego, 2002 Humanity is aging. In the last century, life expectancy has increased by as much as 25 years, the greatest increase in 5'000 years of history. As a consequence the elderly

constitute today the fastest growing segment of the world's population. This new situation creates many social problems and challenges to health care which both the developed as well as the developing countries will have to cope with. The present publication shows that scientific progress has reached a level where nutritional interventions may play a decisive part in the prevention of degenerative conditions of age, improvement of quality of life and impact on health care burden and resources. Topics deal with such different aspects as the influence of prenatal and early infant nutrition on the future aged individual and effects of energetic restriction on longevity. Further contributions include studies on mitochondrial alterations, digestive problems, specific metabolic deviations mediated by insulin, bone degradation, structural changes, neuromuscular dysfunctions, mental state of the elderly as well as the response of the immune system to nutrient intake. Finally the book offers a review of requirements appropriate to meet the age-related public health challenges of the 21st century.

paun family chiropractic and wellness pc: Back to Health by Choice Walter Salubro, 2015-06 Why Some People Almost Always Maximize Their Health With Chiropractic Do you live with continuous pain and discomfort? Do you suffer from horrible stress? Do you worry that your health is gradually declining? Millions of people go to the chiropractor to relieve their pain and improve their health. But why do some people start chiropractic care and get well, while some of the most well-meaning people who are sick, suffering, stressed out, and in pain do not start chiropractic care and remain sick? What is the essential prerequisite to elevating and maximizing your health? After fifteen years of clinical practice, writer, speaker, and chiropractor Dr. Walter Salubro is more convinced than ever of the answer: people who regain their health do so by choice. According to Dr. Salubro, people who choose healing get well and people who do not choose healing typically remain unchanged-sick and suffering. For headache sufferer Mary, chiropractic represented a health care method that gave practical form to her choice for healing. Back to Health by Choice covers her healing journey, including how chiropractic saved her from fifteen years of pounding headaches and led her to a healthier, happier life. If you are sick, stressed, or constantly suffering from pain, this book will guide you to make a choice for your own healing and give you the means to make a transformation in your health and in your life. You will discover: How chiropractic can help relieve common ailments like back pain, neck pain, and headaches-without the use of drugs. How chiropractic can help you adapt to and handle stress better. How chiropractic can help you naturally improve and regain your health. How to live your life to the fullest and increase your happiness. How to maximize your life potential, both immediately and in the long run. And much, much more. Reading Back to Health by Choice got me even more excited to help patients and change lives for the next day. This book is a must read for chiropractors and patients alike. -Dr. Jeremy Weisz, DC, Chiropractor, Founder of Chiropractical Solutions In my opinion, this book will help the general public understand chiropractic better, and most importantly, help them understand that their health is in their hands. -Dr. John Minardi, BHK, DC, Chiropractor, Speaker, Author of The Complete Thompson Textbook: Minardi Integrated Systems Dr. Walter Salubro has been a practicing chiropractor for more than fifteen years. His clinic is located in Maple, Ontario, and it has helped thousands of people get relief from pain, stress, and improve their health. Dr. Salubro is also an engaging, dynamic speaker who routinely covers topics on chiropractic, health, and the wellness lifestyle. Back to Health by Choice is a wonderful book that is as moving to read as it is inspiring. Read it and transform your health.

paun family chiropractic and wellness pc: The Chiropractic Way Michael Lenarz, Victoria St. George, 2008-12-10 Chiropractic has become America's most popular form of alternative health care, offering lasting relief from pain--and many other health benefits--to more than 25 million patients annually. Yet many people still wonder exactly how chiropractic heals, and even experienced patients may be able to get more from their treatments. In this accessible and fascinating book, Dr. Michael Lenarz illuminates the basic principles of spinal health, showing how the body naturally lets go of stored pain and disease once the flow of vital energy has been restored. He also explains: *Why adjustments keep the communication flowing clearly, quickly, and cleanly

*Why the billion-plus nerve pathways carried by the spine can be the key to a wide range of health problems--from arthritis, headaches, and back and neck pain to chronic fatigue and digestive ailments *Why many of the health complaints we associate with aging may in fact be the result of old injuries and therefore treatable *The different techniques of chiropractic, and how to choose the beset chiropractor for you. PLUS--complete chapters on the diet, exercise, and stress-relief programs that will help you achieve a healthy, vibrant, energized, and pain-free lifestyle--the chiropractic way.

paun family chiropractic and wellness pc: *Thank You Nana* Ericka Mitchell-Bryden, 2021-03-15 Children's picture book

paun family chiropractic and wellness pc: The Owner's Manual for the Brain (4th Edition) Pierce Howard, 2014-05-13 Cutting-edge, user-friendly, and comprehensive: the revolutionary guide to the brain, now fully revised and updated At birth each of us is given the most powerful and complex tool of all time: the human brain. And yet, as we well know, it doesn't come with an owner's manual—until now. In this unsurpassed resource, Dr. Pierce J. Howard and his team distill the very latest research and clearly explain the practical, real-world applications to our daily lives. Drawing from the frontiers of psychology, neurobiology, and cognitive science, yet organized and written for maximum usability, *The Owner's Manual for the Brain, Fourth Edition*, is your comprehensive guide to optimum mental performance and well-being. It should be on every thinking person's bookshelf. What are the ingredients of happiness? Which are the best remedies for headaches and migraines? How can we master creativity, focus, decision making, and willpower? What are the best brain foods? How is it possible to boost memory and intelligence? What is the secret to getting a good night's sleep? How can you positively manage depression, anxiety, addiction, and other disorders? What is the impact of nutrition, stress, and exercise on the brain? Is personality hard-wired or fluid? What are the best strategies when recovering from trauma and loss? How do moods and emotions interact? What is the ideal learning environment for children? How do love, humor, music, friendship, and nature contribute to well-being? Are there ways of reducing negative traits such as aggression, short-temperedness, or irritability? What is the recommended treatment for concussions? Can you delay or prevent Alzheimer's and dementia? What are the most important ingredients to a successful marriage and family? What do the world's most effective managers know about leadership, motivation, and persuasion? Plus 1,000s more topics!

paun family chiropractic and wellness pc: Pediatric Chiropractic Claudia A. Anrig, Gregory Plaugher, 2022-02-12 The long-awaited third edition of *Pediatric Chiropractic* takes the valuable second edition to a whole new level, offering new chapters, full-color photos, illustrations, and tables to provide the family wellness chiropractor and the student of chiropractic a valuable reference manual covering all aspects of care for the pediatric and prenatal populations. Internationally recognized authorities Claudia Anrig, DC and Gregory Plaugher, DC have invited the leaders in their fields to contribute to this precedent-setting textbook and now offer even more valuable information for the practitioner.

paun family chiropractic and wellness pc: *The World's Best Kept Health Secret Revealed* Wellness Doctors Leading Wellness Doctors, 2004-10 Using the latest scientific and peer-reviewed research, these leading wellness Doctors of Chiropractic explore how to provide you with new levels of energy, health and wellness. They show you ways to stop and reverse health challenges and make conscious choices that could transform your life and the lives of your loved ones. They provide you information which could help you heal yourself and then, using what you have learned, help you heal your family. Doctors of Chiropractic are trained to identify within the nervous system causes of poor health, illness and injuries. Without using drugs, invasive techniques or surgery, Doctors of Chiropractic help the body naturally reverse current health problems and prevent future ones. Each year, 30 million people choose this proven form of healthcare and wellness care.

paun family chiropractic and wellness pc: Cross-cultural Psychotherapy Charles Negy, 2008

paun family chiropractic and wellness pc: *Current Research* Egiacobini, 1988-12-19

paun family chiropractic and wellness pc: *Evidence-Based Medicine: A Framework for*

Clinical Practice Daniel J. Friedland, 1998 Written for students and clinicians seeking a clear and simple model for putting evidence-based medicine into practice, it systematically covers the fundamentals: medial decision-making techniques; accessing medical information; and assessing the validity of medical information. Case examples of how to analyze the literature are also included.

paun family chiropractic and wellness pc: *The Praeger Handbook of Chiropractic Health Care* Cheryl Hawk, 2017-03-20 What does scientific research show about the effectiveness of chiropractic care? How are chiropractors trained and what do they do? When should one turn to chiropractic care, and how does one select a practitioner? This book answers all of these questions and more. Chiropractic is the most frequently used complementary and alternative medicine (CAM) practice in the United States, with nearly \$4 billion spent out-of-pocket annually by chiropractic patients. In fact, as evidence for its effectiveness for common conditions such as back pain continues to mount and acceptance grows in a variety of health care settings, chiropractic could be considered more mainstream than many other forms of CAM. In this information-packed single-volume work, an expert team led by Cheryl Hawk—a well-known chiropractic researcher—explains chiropractic licensure, practice, and effectiveness to general readers researching chiropractic care options and to undergraduate students choosing a major or specialty. Readers will see the range of scientific evidence supporting the use of chiropractic health care for many common conditions, learn about the typical chiropractic clinical encounter and chiropractic procedures, and understand the criteria by which patients and other health professionals can use to select a chiropractic physician. This book also provides health care practitioners in other fields with current information that enables a greater understanding of the training and the roles of chiropractors in health care.

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