

Join the wellness revolution.



ENSURE THE WELL-BEING OF YOUR BODY

- **Alignment and Zone Healing:**

Chiropractic works to remove stress & stabilize the body's health systems (zones): glandular, eliminative, nervous, digestive, muscular and circulatory.

- **Other Wellness Services:**

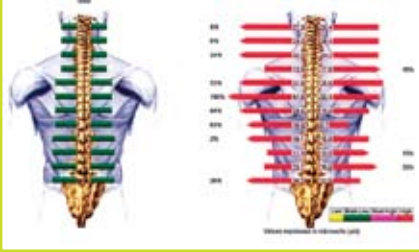
Doctor-directed massage, custom-made orthotics and pillows, wellness membership, lifestyle nutritional support, corporate ergonomics, community lectures, cleansing and weight loss programs and zero-interest financing.

- **Our Testimonials Include:**

Stronger immunity, better sleep & athletic performance, no more headaches or back & joint pain, reduced stress.

Dr. Tonweya Langille, D.C. *Palmer Graduate*

Has been established as one of the very best in Council Bluffs through corporate and group lectures, community wellness programs, excellent reputation and great individual results.



Myovision Scan

The quality of your life is a direct reflection of the integrity of your nervous system!

Like a circuit breaker, stresses can cause spinal bones to lose their normal motion or position. This can upset and irritate nearby nerves. These nervous system disturbances are called vertebral subluxations.

We use sophisticated equipment to detect and measure muscle tone. Spinal dysfunctions cause supporting muscles of the spine to show unusual electrical activity. Our scan locates these areas by detecting changes as small as a millionth of a volt.

Our care recommendations are based on your scans and other examination findings. The scans serve as objective guidelines by which to monitor your progress and appropriately modify your care.

Personalized care for those suffering from work, automobile, sports or personal injuries.

Chiropractic doctors practice natural, drugless, non-invasive health care and rely on the body's ability to self-heal. Sounds ideal, but just how does it work?

Like other health-care providers, we follow a standard routine to gain information about the patient. We consult, review the case history, conduct a physical examination, and we may request laboratory analysis and or x-rays. Unlike other health-care providers, however, chiropractic physicians also conduct a careful analysis of the patient's structure and pay particular attention to the spine.

It's important to note that chiropractors seek the origin of the illness in order to eliminate it, not simply treat the symptoms. If your roof is leaking, do you simply catch the drips in a bucket for years on end, or do you repair the roof to prevent it from leaking. Similarly, if the migraine headache you've had all week is being caused by misaligned vertebrae and an irritated nerve, do you continue to take pain killers indefinitely? Or do you realign the vertebrae and rehab the area of the spine to prevent the pain and improve future function?

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On-Line Scheduling Available

www.PrairilandsChiropractic.com

