



## Kesten Family Chiropractic

Dr. Bruce Kesten

3111 Grand Blvd.

Baldwin, New York 11510

Phone 516-536-6806

Fax 516-223-9170

[www.kestenchiro.com](http://www.kestenchiro.com)

*Changing the World One Adjustment at a Time!!!*

---

# WELCOME TO KESTEN FAMILY CHIROPRACTIC!

When a patient seeks chiropractic health care, and when a chiropractor accepts a patient for such care, it is essential that they both are seeking and working for the same goals.

Chiropractic has one goal. It is important that a patient understand this goal and the means that will be used to attain it. In this way there will be no confusion, misunderstanding or disappointment.

Patients usually want their conditions, ailments or symptoms treated.

This is not the goal of the chiropractor. The purpose of chiropractic is to restore and maintain the integrity of the nervous system. Vital nerve pathways stemming from the brain, going through the spinal cord and the spinal nerves that transmit impulses to the body are housed in and protected by the bones of the spine. Tiny misalignments of the bones in the spine, which interfere with the function of these nerve pathways, are called subluxations. They come from many causes and prevent the body from working properly.

By means of a chiropractic adjustment, subluxations are corrected, restoring normal nerve function. The goal of chiropractic is to correct these subluxations so that *every part of the body may have proper nerve supply at all times. This allows the innate healing ability of the body to work at maximum efficiency.*

With proper nerve supply, health improves. In some, symptoms clear up quickly. For others, the process is slower; in some it is only partial, or not at all.

Regardless of the disease, the chiropractor is not offering to heal, treat or cure a condition or disease. The goal is to allow the body to do its best job possible without nerve interference. This goal is accomplished by the correction of the vertebral subluxation.

If nutritional supplements, applied kinesiology procedures or other ancillary procedures are recommended, (i.e., stretching, ice, etc.) these are not chiropractic methods, and may be used to enhance your care program.

The chiropractic examination and adjustment are not substitutes for other types of health care, just as other types of care do not take the place of chiropractic.

I \_\_\_\_\_ have read the above, understand it fully, and undertake chiropractic care on this basis.

Signature \_\_\_\_\_