

What to expect from your visit with Dr. J!



COMPREHENSIVE EXPLANATION A complete, comprehensive explanation of what I believe your condition, health issue or injury to be.



POTENTIAL CAUSES Discussion of how you may have acquired your condition. Examples of potential causes include postural failure, repetitive stresses, nutritional imbalance, improper sleeping, sitting, lifting, etc.



TREATMENT AND PREVENTION Preventative recommendations for avoiding future injury or exacerbation, including, but not limited to posture corrections, sleep habits, nutritional advice, general do's and don'ts, as well as rehabilitation and strengthening exercises, or stretches as appropriate.



RESOLUTION If I believe that your condition is outside of my scope of expertise, or a problem that I can not resolve in a timely manner I will make a referral or other recommendations to help resolve your problem as quickly as possible.

It is your body, it is your health, no question is irrelevant. **You deserve ALL the answers.** With knowledge comes power. You ought to be in control of your health and your decisions when it comes to what is best for you.

Uncertainty, lack of understanding, lack of control, and lack of information lead to frustration and unwanted stresses in our journey to achieving our given right to live a healthy lifestyle. **Being healthy and pain free is a normal state of being.** Anything less is abnormal.

You should be the authoritarian in your own life: in charge, and able to make the authentic decision that effect you. That includes not only your health, but your well-being also. There is no true responsibility without awareness. **Most people are deprived the opportunity to become truly responsible in their health care, but that will not happen here.**

In health and in healing, every bit of information, every piece of the puzzle of truth, can be crucial. **If a link exists between lifestyle, physiology, quality of life, and longevity, not informing people of this connection will deprive them of an extremely powerful tool.**

+ SERVICES

Acid Reflux	Vertigo
Carpal Tunnel	Swimmer's Ear
Hiatal Hernias	Nutritional Counseling
Plantar Fasciitis	Prenatal Adjustment
Ganglion Cysts	and more...
TMJ Disorders	
Sports-Related Injuries	
Sinus Related Issues	
Musculoskeletal Conditions	
Extremity Complications (Arms/Legs)	



Mind and body, as well as cause and effect, must be seen not only for our understanding of illness but also for our understanding of health. You can not split cause from effect, lifestyle from quality of life, nor quality of life from quantity of life.

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