

Chiropractic Care

Chiropractic Adjustments help balance your structure, decrease stress on nerves, and improve function. Alignment and optimum biomechanics of your skeletal system is essential for movement and full expression of life. Life is motion! Several different techniques are utilized, all gentle, safe, and effective.

ARTHRO-STIM



One approach to adjusting uses a small, hand held instrument called an Arthro-Stim. This delivers a precise, low-force energy at the right time and place to malpositioned spinal vertebrae. Cranial adjustments are used to restore normal motion to the bones of the skull. This reduces tension on the spinal cord and allows for better communication between the brain and the body. Although it feels like a gentle stretch of the neck, the results are far reaching in the body.

Two methods used deal with the effect of negative thoughts and emotions on your health. Our emotional health affects our attitude, our relationships and our ability to interpret the world.

[Click here for more information about Arthro-Stim](#)

<http://www.impacinc.net/client/introduction.html>



B.E.S.T.

Welcome to the worlds B.E.S.T health care!

(B.E.S.T.) stands for Bio-energetic Synchronization Technique. B.E.S.T is a technique which recognizes that the body is more than the sum of its parts. It's a system of health care that is truly state-of-the-art in balancing body/mind/memory/spirit energy fields. When these energy fields are out of balance, symptoms develop and health deteriorates. Many factors affect the body's state of balance. Emotional issues of the past as well as the choices that we have made, or currently make in six essential areas: what we eat and drink; how we exercise and rest; what we breathe; and, what we think all affect our energy field balance. When these systems are out of balance, they become exhausted. Symptoms such as pain and disease often develop.

OASIS CHIROPRACTIC
799 Brickell Plaza, Miami, FL 33131
Phone: (305) 374-5866

<http://www.oasisdoc.com>

B.E.S.T.

Cont....

By touching certain pressure points, in the proper sequence, and having you think about specific memory stress, we have found that your body begins to re-communicate with your brain. Of course, your brain controls all functions in your body. When they work together, body balance, restoration of health, and feeling good are welcome results.

Clinical experience has shown that by stimulating these specific pressure points as part of the B.E.S.T. procedure, that your body can not only begin to feel better, but can actually begin to repair and rebuild. The rebuilding and repairing are the necessary steps to regaining health. By combining your improved choices in those six essential areas with this updated mind/body balance, a winning combination is certain to follow. By taking this approach, you are taking steps to learn to maintain this balance in the days, weeks, and months to follow.

BIOKINETICS

Bio-Kinetics is a series of procedures used to normalize aberrant brain wave frequencies caused by injuries, emotional experiences, chemical insults and electromagnetic disruptions in the body.

The main benefits of Bio-Kinetics are:

1. Restore optimum function to glands and organs; improving function, resistance and health.
2. Correct and eliminate spinal problems.
3. Reduce healing time from injuries, reduce the pain and swelling from sprains, strains, muscle pulls, disc problems, severe bruising and dislocations.
4. Eliminate allergies and chemical sensitivities.
5. Eliminate the effect of negative feelings such as fears, phobias, guilt, anxieties, depression, hostility, anger and resentment.
6. Balance the body's own energy frequencies to environmental electro-magnetic frequencies, thus allowing for optimum adaptation to magnetic and other potentially harmful environmental electrical pollution. No need for devices.

[Click here to learn more about this amazing technique..... Biokinetics](#)

<http://www.biokineticshealth.com/about.html>