

“Every Function of the Human Body is Under the Direct Control of the Nervous System.”

Dorlands Medical Dictionary, 29th Edition, Page 4

Your body is a wonderful self regulating, self healing organism. Think about it! When you cut your finger or break a bone, it isn't the band-aid or the cast that does the healing. You were born with an infinite "Inner Wisdom" programmed for optimal health and healing and this inner wisdom is housed by your nervous system. Your nervous system acts as the messenger from your brain to every cell, tissue and organ in your body and back to the brain, sending billions of electrical impulses, back and forth, keeping your body in a state of optimal function and optimal health and healing. Pain or symptoms are simply the body's warning signals that something is terribly wrong. Since only 10% of your nervous system is dedicated towards pain, months and years of nervous system damage could occur before you realize that there is a problem. Much like high blood pressure, heart disease and cancer, you could be in a state of malfunction and disease before you feel a symptom... which can often be fatal. Medicine's response is usually pain killers, anti-inflammatories, or muscle relaxants, which will mask the symptoms, often leaving the cause untouched and can lead to serious side effects or even death. Medical malpractice is the fifth leading cause of death in North America after heart disease, cancer, alcohol and smoking. There are 24 moveable vertebrae of the spinal column which house and protect your nervous system. Traumas such as, car accidents, sport injuries, poor posture... even the birth process can cause misalignments of your spinal vertebrae... called Subluxations, interrupting vital nerve flow, thus the body's "inner wisdom" and your health potential. If subluxations are left uncorrected, this could lead to spinal decay, (Subluxation Degeneration) and years of unwanted health conditions. Doctors of Chiropractic are the only trained professionals to detect and correct spinal subluxations, greatly improving the body's ability to heal to its full potential.

Listen to What Medical Establishment Says About Posture and Subluxations!

“Postural distortion is the beginning of disease.”

Hans Seyle, M.D.

“Head forward posture leads to decreased cervical curve causing stretching of the spinal cord, decreasing nerve flow to the cord and possible degeneration syndromes.”

Alf Brieg, M.D.

“Subluxation (spinal pressure) alone is a rational reason for Chiropractic care throughout a lifetime from birth.”

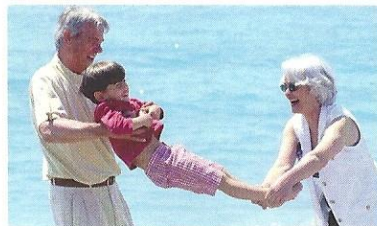
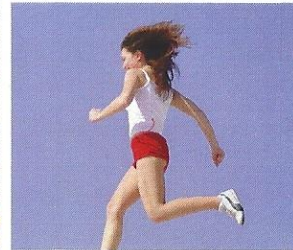
Lee Hadley, M.D.

“Interference to the nervous system results in permanent damage within a short period of time and therefore, Chiropractic care should begin at birth on a preventative basis.”

Dr. Arpad DeNagy, Rockefeller Institute

“Look well to the spine for the cause of disease.”

Hippocrates



Listen to What Patients Say About Posture And Subluxations!

“For 17 years, I had accepted pain as a part of my life. Today I am pain free—the migraines, eye soreness, severe muscle spasms, asthma, expensive drugs and limited motion are all gone. I now enjoy a quality of life I did not believe possible, due solely to the miracle of Chiropractic.”

John N.-Patient

“Thanks to Chiropractic, my headaches and fatigue are gone.”

Tessa H.-Patient

“Since adding Chiropractic to our lifestyle, we have not only eliminated many poor health problems, but have noticed a significant improvement in our ability to ward off illness. I know that I am doing everything to ensure the health of my family!”

Lisa B.-Patient

“I barely know where to start with all the things that I've had results with... my asthma has improved, I no longer have pain in my feet, I no longer fall down while walking. My whole family is amazed with the results and benefits of Chiropractic.”

Patricia C.-Patient

“Since I have been under Chiropractic care all my back pain, headaches, sinus and depression caused by the pain and exhaustion have gone away.”

Terry H.-Patient

Sadly, many people wait too long before they have their first spinal examination. Often decay of the spine is advanced, and damage to the nervous system has been ongoing for years or even decades. This often leads to pain and loss of vitality.

Happily, thousands of people experience wonderful changes to their health and well-being after starting Chiropractic care. With your special health invitation you can find out how Chiropractic helps millions live a healthier, pain free life. Your health invitation is for a complete, comprehensive, professional and thorough Spinal and Neurological check-up. There is no obligation to be under Chiropractic care with this offer. Don't you owe it to yourself? CALL TODAY!

Hampton Wellness Centre

Chiropractic • Nutrition

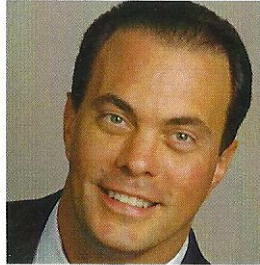
Take our "Got Subluxation" health test and discover if you may be a candidate for a spinal and neurological check-up!

If you answer "YES" to any of these questions, you may be a candidate for a Chiropractic Subluxation Check-Up.

YES NO

- Do you take pain relievers, antacids, tranquilizers, sinus or any other relief oriented medicine more than 2 times weekly?
- Have you ever been in an auto accident or taken a bad fall?
- Do you have neck or back pain more than 2 times monthly?
- Do you feel fatigued late in the day?
- Do you suffer from arthritis?
- Do you have chronic digestive problems?
- Have you had pain between the shoulder blades for more than a month?
- Do you suffer from headaches or migraines more than 2 times per month?
- Do you have chronic shoulder, hip, elbow or knee pain?
- Do you suffer from allergies, asthma or other breathing problems?
- Do you have insomnia or feel you don't sleep enough?
- Do you get a cold or flu more than 2 times per year?
- Do you feel you are a nervous or stressed-out person?
- Do you have high blood pressure, heart disease, ulcers, colitis, or other stress related disease?
- Do you get sick often?
- Do you experience stomach pain?
- Do you have frequent pain for an unknown cause, such as sciatica?
- Are your joints stiff or sore upon arising?
- Do your hands or feet tingle, ache, burn or feel numb at any time?
- Do any of your health problems affect your work or family life?

The World's Fastest Growing Health Care Chosen By Millions



Dr. Mike Reid

Dr. Mike Reid, is an International Lecturer, CEO and Head Coach of Chiropractic Masters and co-author of two books. Dr. Mike specializes in caring for patients of all ages. His continual dedication to his patients and the community has made him well known throughout the world.

Dr. Mike specializes in caring for patients of all ages through his contagious dedication of empowering his patients through the wellness triad of physical optimization, nutritional enhancement and emotional well being. He is a father, coach, wellness consultant, lecturer, motivational speaker, healer and a visionary whose mission in life is to enhance the health of all that he meets. His continual dedication to his patients and his community has made him well known throughout the world.

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Dr. Liang Dai

Dr. Liang Dai is a chiropractor at the Hampton Wellness Centre and has been practicing since 2008. After graduating from Queen's University in 2004, Dr. Liang continued his education at National University of Health Sciences in Chicago. Upon graduating with a Doctor of Chiropractic degree, Dr. Liang

worked for a year and a half in Chicago before coming back home to help better serve the community of Ottawa.

A wide array of patients come to see Dr. Liang, ranging from chronic pain sufferers, athletic injuries, geriatric and even entire families. Dr. Liang focuses on the holistic approach to healing, bringing patients from states of pain to a state of wellness. It is his strong belief that most of the healing is done within one's body and that he's fortunate enough to help people achieve their optimum health.

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