

The Healthy Family Checklist:

10 Warning Signs & How Chiropractic Helps You Achieve Optimal Health

It's more important than ever to raise strong healthy kids & set a great example of health.

You're not alone in figuring this out!
We've got your back.



Hi, we're Dr. Ed & Dr. Stacy LeQuire. At Vitality Chiropractic in Rochester, MN, we love partnering with your family on a journey to health. We help hundreds of families & individuals to achieve their health goals, whether it's a good night's sleep or getting back to a favorite activity.

Go through this checklist and see if your family has any of these warning signs. Then go through the tips to see where you can improve. In the last section, see how chiropractic may benefit you!

More questions?

Give us a call at (507) 208-4538 for an appointment, or get our new patient special at <https://www.vitalityrochester.com/special>

10 Warning Signs of Dysfunction

Check the box if anyone in your family experiences this:

Sleep issues - This could be trouble falling asleep, staying asleep or not feeling rested when you wake up.

Frequent headaches - There can be many triggers & reasons for headaches, but they're a signal that something isn't well. Common doesn't equal normal.

Frequent illness - Does it seem like you catch everything that goes around? This includes anything bacterial or viral infections, anything from frequent ear infections, UTIs, sinus infections. A weak immune system is a sign your body isn't functioning well.

Poor posture - Look around at your family & check yourself in the mirror. From a side view, is there a straight line from the top of the head down to the shoulders and hips? Or is your head forward? Is your back swayed or flat? Looking straight forward, are your shoulders level with each other? Are your hips level too? Bad posture affects even your organ function!

Digestive issues - Check this if you experience heartburn, gas, bloating, IBS, constipation, allergies, sensitivity & intolerance for certain foods.

Respiratory issues and allergies - Are you miserable when seasonal allergies hit? Check if you have hypersensitivity to other airborne allergens like pet dander or if asthma is an issue.

Behavioral trouble - Check this if there's any trouble with focus, brain fog, ADD, ADHD, sensory processing disorder/sensitivity, developmental delays, coordination issues & retained primitive reflexes.

Mental health struggles - Our physical & mental health are intertwined. Anxiety & depression mean that your mind and body are on overdrive, while your nervous system goes into a sympathetic "fight, flight or freeze" mode. When it functions well, we should be able to easily switch back into parasympathetic "rest & digest" mode.

Decreased range of motion - Can you turn your head over your shoulder? Can you bend & tie your shoes easily? Restricted joints aren't functioning well.

Pain & discomfort - The normal level of pain is none! From back & neck pain to tendonitis & carpal tunnel. From chronic pain, like fibromyalgia, to acute pain from trauma. As with other symptoms, pain is a "check engine" light flashing to get our attention.

How'd you score? If multiple boxes are checked, you're probably not living your best life, with an optimal level of health.

When to Get Adjusted:

If you checked any of those boxes: Nerves branch off your spinal cord, going to every organ, muscle & gland, carrying messages from the brain. They also carry signals back to the brain to let it know what's going on out there.

When there's pressure along the line from misaligned bones, these vital signals don't come through clearly. Chiropractors identify where to bones back into alignment, relieving pressure, & immediately allowing the body to function better.

In this way, an adjustment may help with many conditions & issues, by improving your overall nerve function.

If you're sore or in pain: Maybe you "just overdid it" or "it's been that way for years." Discomfort in one area of the body soon affects others. Think of times when you favored a twisted ankle...then your knees and hip became affected because your gait was off. Don't settle for pain. Your body wants to heal, given the right tools!

After a trauma: You may think it was a minor fender-bender, or that you're just bruised. GET CHECKED anyway. The symptoms of something "minor" may not present themselves until months later, but we can check you NOW! This goes for kids as well, as they play & do sports. Being aligned early will help them avoid major issues later.

After birth: For both mom & baby. Newborns undergo a tremendous amount of pressure on their necks during a natural delivery, with additional force possible with any interventions. A gentle check can ensure they can eat, sleep, poop & develop well! Moms can be subluxated more easily during pregnancy & postpartum is a great time to check your structure after so many changes.

If you're feeling great: The majority of your nerves deal with motion and function, not senses. So nerves can be under pressure before you feel pain! The University of Colorado found that the weight of a dime on neural tissue is enough weight to slow nerve flow conduction by 40-60%. Don't live with dysfunction & wait until you have a problem - get adjusted today!

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Tips to Achieve Vibrant Health

- Get adjusted. Adjustments can improve your overall health & wellness because your nervous system controls every other system! (Read more below)

- Move daily. - Nobel prize-winning neuroscientist Roger Sperry found that 90% of stimulation and nutrition to the brain comes from the movement of the spine. Exercise at the level & frequency appropriate for you, but get your family moving.

- Eat well. - Good nutrition feeds your bones, your tissues, tendons & ligaments.
And the flip side is true too - food with low nutritional value & lots of chemicals eventually steals nutrients from your bones & tissues.

- Drink more water. - Not only is water vital for every function, but your spinal discs can get dehydrated! Save yourself from future issues by tracking how much water you & your kids get daily.

- Get enough sleep. - We need solid hours of sleep for regeneration & restoration. It also takes the pull of gravity off our spine, allowing the discs to expand & pull in more nutrients.

Which of these is
trickiest for you?
Pick one area to focus
on & improve!
(Remember, adjustments
can improve your overall
health & function!)

