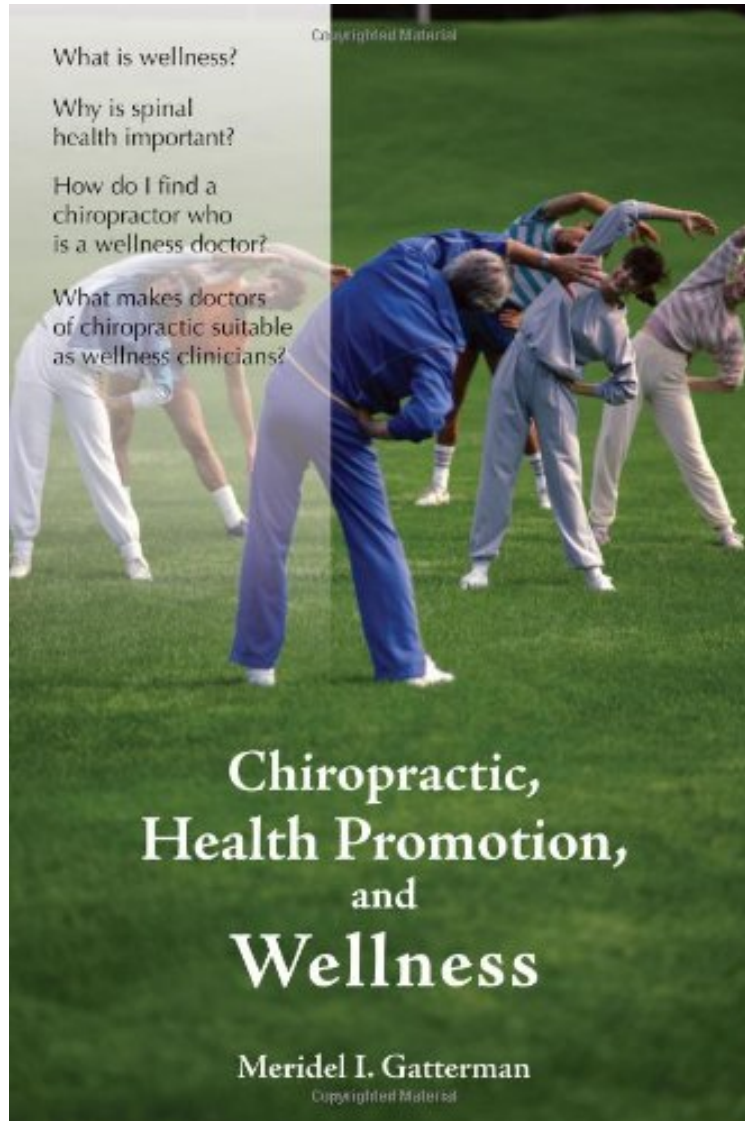


Chiropractic, Health Promotion, And Wellness

Meridel I. Gatterman

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2 of 2 people found the following review helpful. Get well, stay well, and be well.By J. OwenThis is a great, little book ... for chiropractic patients, chiropractic doctors, and anyone interested in wellness.The writing is clear, succinct, and intelligent. The photographs and diagrams are fun and easy to follow. This is well-worth the purchase.Get well, stay well ... be well. Here are tips to show you "how".

Chiropractors have traditionally counseled patients on health promotion and wellness. For a better understanding of this role, *Chiropractic, Health Promotion, and Wellness* offers questions and answers across a range of topics including nutrition, exercise, and health behaviors. The doctor of chiropractic as a wellness provider promotes not just spinal health but an encompassing model of health and wellness. This must-have resource provides easy-to-understand, practical information on the ways chiropractors work as partners with individuals in patient-centered atmospheres to improve wellness.