

Keynote Chiropractic exists to make a positive contribution in your Life, by assisting you to heal naturally and to enjoy abundant health and wellbeing. The Practice of Chiropractic is based on ageless principles governing health and healing. They are briefly explained below so that you may understand how Chiropractic can help you.

Life Force is the sole difference between life and death. From the moment of conception until your last breath, Life Force is the essence that sustains you. You can live for some time without food, water, sleep, exercise and even air, yet you cannot live an instant without Life Force. Life Force is the essential ingredient in health and healing. It is the power that runs and heals your body. Healing is the creation of new cells to replace old, sick or damaged ones. Cellular replacement is how your body heals and repairs naturally. When new healthy cells are created regularly you stay well and healthy. Life Force is generated by the brain and flows through your spinal cord and nerve network to stir every tissue cell of your body into aliveness.

The Nerve System is also the medium used for the transfer of vital information essential for all Human Works- from healing to body functions, emotions, creativity, performance and self-expression. Your Nerve System is your link between the inner and outer world. It consists of the brain, the spinal cord, the nerves and the dazzling array of neurotransmitters. The extensiveness of the Nerve System is such that your Nerve System and Immune System are in fact one; therefore a Nerve System at ease rather than stressed or tense, leads to a stronger immunity. Your body functions at its best.

Blockages and interferences to your Nerve System develop throughout life from physical, emotional or chemical stressors. This interferes with your normal physiology. With time, dis-ease, mal-function, symptoms, sickness and disease manifest. These symptoms are the effects rather than the cause. Chiropractic addresses cause rather than the effects.

A free flow in brain to body communication enhances your ability to heal, repair and be healthy. When messages from your brain travel freely to all parts of your body, you express and experience Life fully. Healing, wellbeing, increased performance and greater personal expression are the natural byproducts.

Chiropractic adjustments free up Life Force and the flow of messages between the brain and body, by removing blockages and interferences to the Nerve System. It allows every individual whether a newborn, an athlete or a grandparent to heal, repair and experience more vitality. Due to a greater Life Force flow, all areas of a person's life improve. In some individuals, physical, emotional and/or mental challenges may clear up quickly; in others the process is slower or partial. Yet everyone will benefit on some levels. The power of the adjustment is remarkable.

Chiropractic is not a substitute, an alternative or a preventative form of medicine. Chiropractic specializes in the expression of life, health, wellness, healing and wellbeing. Medicine specializes in the diagnosis and treatment of symptoms, sickness and disease. One is not exclusive of the other; both are separate and distinct professions.

Rather than diagnose, treat or prognose any physical, mental or emotional ailments which is the practice of Medicine, we free Life Force through adjustments. We share information and impart knowledge about natural healing, health, wellness and wellbeing, which is the practice of Chiropractic. Our primary goal is your health, healing process and wellbeing. We are here to support you.

I (We), _____ & _____ the undersigned, have completely read and understood the above statement and choose to receive care at Keynote Chiropractic.

Signed _____ Date _____

Wellness Assessment

First Name _____ Last Name _____ Date _____

Address _____ City _____ State _____ Zip _____

Sex _____ Age _____ Date of Birth _____ Phone _____

E-mail Address _____

Best time and method to contact you _____

Occupation _____ Employer _____

Marital Status (Circle one) SINGLE / MARRIED / WIDOWED / DIVORCED

Name of Spouse _____ Names & Ages of Children _____

Who can we thank for referring you / how did you hear about us? _____

Have you seen chiropractors before? (Yes / No) Results? _____

Health/Wellness Goal

What is your reason for seeing Dr. Kino? _____

What is your expectation? _____

What is your level of commitment to yourself, your life and your well-being? (High / Medium / Low)

If you have symptoms, how are they affecting your job, sleep, sitting, walking, home chores, family activities, sports, relationships, hobbies, play, social belonging and emotional life?

If symptoms were a warning sign, what do you feel the body want you to change?

What do you feel is root cause of stress? _____

Wellness Assessment

Stress/Lifestyle

Because **accumulation of stress over time** affects our health and ability to heal, please circle stresses you have now or had in the past in each category and explain:

• Physical stress (difficult childbirth as a baby, slip, fall, car accident, sports injury, computer work, long drive, bad posture, lack of rest/sleep, lack of exercise, repetitive motion, surgery, pregnancy, delivering baby)

• Chemical stress (smoking, alcohol, processed/junk/frozen/restaurant foods, drugs, medications, vaccines, lack of nutrition/water, empty/excessive calories, toxic/chemical exposure, pollution)

• Emotional stress (giving your power to something/somebody that does not serve you, not knowing how to update your ability to respond, obsessive desire to succeed/perfect to overcompensate your "inferiority", trying to benefit at the expense of many other, trying to control something/somebody you have no control over, covering up "healthy" anger/frustration, too many "should" due to fear)

Family relationship satisfaction level on a 0-10 scale? (0 = hate it, 10 = perfect) _____/10

Career satisfaction level on a 0-10 scale? (0 = hate it, 10 = perfect) _____/10

What exercise or sports do you do? _____

How many times per week? _____ For how long per session? _____

What do you enjoy for hobbies and relaxation? _____

Please list conditions which are/were under care of medical doctors and pain management chiropractors.

Diagnosis _____ Drugs/Procedures _____

Result _____