

Maintenance Care

“You only get one body this lifetime, so why not take care of it?”

People recover from injuries faster when they receive regular maintenance chiropractic care. You don't have to be in a crisis to be treated. A well-maintained body is more resilient to stress, and it recovers from injury much faster.

The best way to describe maintenance care for your body is to make an analogy to auto maintenance. Like a car you want your body to last. Every few thousand miles you change the oil in your car, get tune-ups, wash it, and get other forms of maintenance.

Checking in every one to three months with Dr. Kate is beneficial to your well-being. Reviewing nutrition, having adjustments and cranial work can maximize the quality of your life. Treatments connect us to ourselves, and remind us of our true nature. They help us slow down and bring us back home.

Slowing down helps manage the stress that we endure in our lives in a way that is healthy. It does so naturally, without chemicals that introduce more toxins into your body. As a New Englander I did not understand this concept. But after many years in practice my perspective has changed.

I urge you to get maintenance care, it is good for you! (And it doesn't taste like cod liver oil!!)