

How Did I Get This Way?

GAMEBOARD

Like a crisp, ripe, juicy grape, in the beginning, your discs of the spine are healthy and pliable.



Your condition didn't start the day the pain started!
It's been building over time.



Throughout your life you experience events that were hard on your spine and joints.



Falls, car wrecks, prolonged posture, like sitting at a computer, all take a toll until the joints of the spine break down.

Pain "patch-ups" don't fix the problem. The deterioration continues.

Keep in mind you've done absolutely no prevention to offset the wear and tear.

Imagine never seeing a dentist from the time you were born until today. Never brushed your teeth, never did anything to help your teeth. What kind of shape would your teeth be in?



The "grape-like" disc is now a raisin. Dried up, weak and painful. You can help prevent this by taking action now!



**MEYER
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