



Don't settle for pain ... take the survey below to see how healthy you really are!

Dr. Sima Goel D.C., C.C.W.P

No pain is normal. 80% of the population has experienced back pain and 10% of the population is dealing with debilitating back pain right now. Yet we only experience 10% of the pain that our body and organs suffer. Imagine the AGONY in your lungs, liver and other internal organs that are trying to communicate to you when you find yourself with a sore back.

Since childhood we have been taught that if we have no symptoms, we are healthy. We are conditioned to believe that whenever a symptom which makes us feel uncomfortable appears, we simply need to take a certain pill and health will return. Simply stated, drugs often treat the symptom, not the underlying problem. Chiropractic care resolves to go after the cause.

In this article we are offering you a chance to pre-screen yourself. Fill out the survey below and see if subluxation, (misalignment or pinched nerve) may be causing your discomfort.

Check off any of the following symptoms you have experienced in the last 6 months:

- | | | |
|--|---|---|
| <input type="checkbox"/> Migraine | <input type="checkbox"/> Shoulder pain | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Neck pain | <input type="checkbox"/> Mid back pain | <input type="checkbox"/> Arthritis |
| <input type="checkbox"/> Weight issues | <input type="checkbox"/> Wrist/hand pain | <input type="checkbox"/> Allergies |
| <input type="checkbox"/> Digestive problems | <input type="checkbox"/> Lower back pain | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Carpal tunnel syndrome | <input type="checkbox"/> Hip or knee pain | <input type="checkbox"/> Poor Posture |
| <input type="checkbox"/> Trouble sleeping / insomnia | <input type="checkbox"/> Ankle or foot pain | <input type="checkbox"/> Menstrual cramps |

Does this cause you to be	Does this affect your work?	Affects your life?
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- | | | |
|--|--|--|
| <input type="checkbox"/> Moody | <input type="checkbox"/> Decreased focus | <input type="checkbox"/> Lose patience |
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Poor attitude | <input type="checkbox"/> Low energy |
| <input type="checkbox"/> Frustrated easily | <input type="checkbox"/> Low productivity | <input type="checkbox"/> Low mobility |
| <input type="checkbox"/> Restricted activities | <input type="checkbox"/> Exhausted at the end of the day | <input type="checkbox"/> Lack of joy |

If you have checked any one of the above listed items, then a spinal examination may be the answer you seek!!

Chiropractic is safe, gentle and effective. Chiropractic is the fastest growing, drugless, healing profession in the world today, serving over two million people every day. Chiropractors maintain the lowest malpractice insurance rates of any primary health professionals in the world, which is a tremendous credit to the safety record throughout the entire chiropractic profession. People who are under regular chiropractic care are among the healthiest people in the world, enjoying far less hospitalization, medication and other doctor visits. Getting old doesn't mean feeling old. Be among those who age gracefully and actively. Choose wisely.

"An ounce of prevention is a pound of cure."

LIMITED SUFFERING? Spend your time living life to its fullest potential



6 Great Reasons To Have Confidence In Your Wellness Chiropractor

- | | | |
|--|--|---|
| Thirteen years of service within our community | Chiropractic is a proven science | One of only two Lifestyle Experts In Québec |
| Pro-Active, Nurturing Professional Staff | Personalized approach to individual care | Gentle, Safe and Drug Free |

Discover the benefits of chiropractic care for yourself

"I was diagnosed with Carpal Tunnel Syndrome. Doctors suggested surgery. The pain and frustration led me to Chiropractic and that was the best decision I ever made."

Sal P. (55), Montréal

"Neck, upper lower back and knee pain really hurt and diminished my quality of life. I was sceptical, but had no choice, and now I have my quality of life back. Getting old shouldn't be painful. Thank God."

Sandy C.. (65), Hampstead

"Diagnosed with asthma at eight, I had to use Ventalin and Flovent Pumps. I couldn't play rigorous sports. It made me sad and frustrated and desperate for a solution. Chiropractic care changed my life and now I play soccer and sports without any pumps."

Attilio R. (8), Montréal

"I'm 34, married with two young boys. I had a migraine that lasted about a year, dull, blinding and throbbing. My headache was gone in the first week. The biggest thing is that I have checked back into my life"

Melissa C., (34) Montréal

"I have suffered with sciatica for years. It was very tough to walk even for 15 minutes. I went to see Dr. Goel and after 2 months, I was already feeling better. My trip to Israel was incredible and I could keep up with the group."

Fanny R. (48) Cote-St-Luc

"I suffered with shoulder, neck and knee pain, as well as allergies. I was limited in my activities and suffering. After being under chiropractic / wellness care my quality of life has improved overall."

Jennifer M. (44), Westmount

for more information, visit www.drsimagoel.com

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