

Welcome to Gala Davis Family Chiropractic Center

Today's visit is an important step along the road to better health and well-being. Some of you are new to Chiropractic and have many questions to ask. Some of you have experienced Chiropractic before, but are new to this office. Please know that we welcome your questions and see them as an important key to establishing the communication we will need to be successful in establishing your care. At the Doctor's Report, Dr. Gala will discuss specific problem areas and the best program of care for you.

Chiropractic is not a substitute for traditional types of health care. Doctors of Chiropractic are specialists who correct what is often a silent yet debilitating condition called a "vertebral subluxation". What's that? It's an interference with normal nerve function. It can be caused by a variety of factors. Your individual subluxations and health concerns will be discussed with you at the time of the Doctor's Report.

Nerves conduct life from the brain to the tissues of the body. Free from interference, healthy nerves conduct messages throughout your body. This is the "life force"- that intelligence which sparks animation in all cells and coordinates the functions of the body. But, as our bodies suffer different traumas, that free-flowing life force is sometimes short-circuited. Vertebral subluxations cause a diminished or altered transmission of the mental impulses or life force. The results can range from a sense of general unhealthiness to minor discomfort to acute pain. You've probably had this happen to you without knowing it. Cut the nerves to your tooth and your tooth will die. Cut the nerve to your finger and it won't function, as it should. Nerves conduct life- interference to this natural conduction process can cause healthy tissues to become dis-eased or even die.

You may have symptoms (signals, alarms, warnings) that caught your attention and brought you to this office today. We will work together through Chiropractic adjustments remove those interferences, allowing you to return to an improved state of well-being. If the tissue damage is long-standing or severe, please be patient. It takes time for damage to occur, and it takes time for abnormal tissue to be replaced with normal tissue. Our goal is to help you achieve your highest potential.

Thank you for trusting Gala Davis Family Chiropractic Center to guide you along the road to better health. As always, we will strive to provide you with the best Chiropractic care possible. Experience has taught us the LIFE can perform miracles once it is restored to full expression in the body.

Mission Statement

Dr. Gala is committed to getting quality Chiropractic care to as many people as she competently can and to empower them with the knowledge needed to reach their full life potential; and to educate them about the Vertebral Subluxation Complex and the devastating effects it has on human health. She will go extraordinary measures in educating our community about the benefits of Chiropractic care for the restoration of health and life so the community in turn, can educate others.

Dr. Gala's mission is to direct people to the realization that they are activated from within; that life and healing come from within, and that ultimately the maintenance of health is far superior to the treatment of disease.

Our Office Policy

- On the first visit, you will have a Doctor's Report. It is presented to you for your benefit so that you will be able to make intelligent decisions regarding your health and your family's health.
- Don't be in a hurry! No doctor can perform miracles. Just as it takes time for an orthodontist to align teeth, the correction of vertebral subluxations is a difficult process and takes time. Supporting ligaments and muscles must adapt and gradually realign the vertebra of the changing spine. Frequent adjustments are required during this process.
- Avoid heavy lifting of any kind for the first two weeks after your first adjustment. Give your body time to heal before you start to stress your spine again. If you absolutely cannot avoid lifting (work, babies, etc.) have the doctor show you how to do it properly.
- Let us decide when and how the adjustments should be given. Our spinal analysis will reveal what should be done in your case. As your body starts to maintain the proper position of the vertebra or hold an adjustment longer, we will be able to schedule your visits less frequently.
- Sometimes, after the first few adjustments, you can become sore following the adjustment. This is a normal reaction, as correcting misalignment in the spine and surrounding tissue, the tissue can become sore like exercising for the first time in a while. This only lasts a short period of time. Once again, please be patient, it takes time.
- Dr. Gala will make suggestions to help you along to better health so that you can heal faster, such as heat or ice, stretching you can do at home or work, how to set up your work station, how to lift the proper way, etc.
- Please ask any questions that you may have about your care or someone else's that you care about. Help yourself to the literature in the reception room. This material is made available to you for your benefit and your friend's benefit. Everyone has a right to better health. Feel free to tell others about Chiropractic.
- There may be numerous reasons for missing an appointment, however, one reason that we will not accept is "I can't afford it." Your health is too important to allow any financial barriers to stand in the way of needed care. We accept all cases regardless of their condition or their financial ability. If you should have a problem, please let us know so that we can help.
- Gala Davis Family Chiropractic Center is excited about helping you along your new adventure here and we look forward to our future relationship.

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