

7 minute Orientation Quiz

1. Chiropractic's goal is to have you... FEEL MORE OR FEEL LESS (Circle One)
2. Stress in the form of mental, physical or chemical stress tightens muscles next to the spine and causes the bones of the spine to misalign. These misalignments of the spine are called:
V _____ S _____.
3. Subluxations interfere with the messages sent back and forth between the _____ and the body.
4. Chiropractors correct a subluxation with an _____.
5. After an adjustment, your INNATE, inborn ability immediately goes to work to help you _____ BETTER.
6. Name 4 ways a chiropractor can find a subluxation of your spine:

7. If you're not taking care of other areas of your health like eating healthy, _____ foods, getting at least _____ minutes of exercise a day, sleeping _____ hours a day and staying positive with daily prayer and/or _____, it will take longer to heal.
8. The latest scientific research shows that getting your spine checked once every _____ days not only helps you HEAL BETTER and FEEL MORE.

SIGNED _____

DATE _____