

# What is Health?

Health is a state  
of optimal function, and not merely  
the absence of  
pain, symptoms or disease.

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## Special Message

*What makes more sense to you, a symptom-based lifestyle or a wellness-based lifestyle... one that only focuses on how we feel moment to moment, or one that focuses on functioning at our best over the course of our lifetime? Which one does Western Medicine promote? Which one does our Chiropractic office promote? If the goal is to live a healthy, active, productive life... which one do you want for you, your family and friends? This is why we are glad you found us!*

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## Special Request

Would you be willing to tell a friend, family member, or coworker to come see us...

Tell them you found a place that cares for people properly, a place where they can get well and stay well.

We rely on people like you to help us help others.

Thank you.

