**HEADLINE COPY**: Drug-Free Pain Relief & Natural Wellness Care for Active Seniors

**MAIN COPY**:

Almost all active seniors benefit from chiropractic care and massage therapy. There’s a misconception that it’s normal to ache and feel sluggish as we age. While it’s true that our bodies begin to show signs of wear, especially over the age of 55, it’s also a fact that there are many natural remedies available to counteract the physical pains and discomfort of aging. A critical tool is chiropractic care.

As our bodies age, muscles and joints become less flexible causing discomfort in many of us. Proper chiropractic care by a licensed professional can rejuvenate your muscles and provide a greater sense of overall wellness. For those of us over 55, this can be accomplished with regular low force chiropractic adjustments and muscle relaxation therapies. Of critical importance as we age is maintaining optimum spinal function to decrease nerve interference and ensure mobility with ease. Proper chiropractic care is proven to minimize pain and ensure long term physical and mental wellness.

**Did you Know?**

“[Over 55] chiropractic users are less likely to have been hospitalized, less likely to have used a nursing home, more likely to report better health status, more likely to exercise vigorously, and more likely to be mobile in the community. In addition, they are less likely to use prescription drugs.”

*Haas et al. (2005). Chronic Disease Self-Management Program for Low Back Pain in the Elderly. Journal of Manipulative and Physiological Therapeutics, 8(4), 228-238.*

**Benefits of Chiropractic Care:**

* Pain relief
* Increased energy & improved mood
* Restful sleep
* Improved circulation
* Less pain prescription drug use
* Decreased stress
* Greater sense of well being
* Improved mobility & balance

**Onsite Services Offered to Residents & Staff:**

* Chiropractic Care
* Massage Therapy
* Exercise & Dynamic Therapy
* Heat Therapy
* Soft-Tissue Stretching
* Essential Oil Therapy
* Patient Education & Workshops
* Wellness Care & Pain Prevention
* We offer a variety of methods that DO NOT involve “cracking.”

**We Successfully Treat:**

* Back & Neck Pain
* Arthritis/Muscle Pain/Stiffness
* Headaches
* Disc Problems/Degeneration
* Arm & Leg Pain

Dr. Maher Barsoum founded the Alternative Healing Arts Center in Howell, Michigan in 2003. With chiropractic science as his foundation, Dr. Barsoum specializes in clinical nutrition, non-surgical spinal disc treatment, injuries and functional rehabilitation.

Dr. Barsoum currently offers onsite services at several senior communities in the area. He’s committed to helping seniors develop and maintain whole body wellness.

Medicare and Blue Cross are accepted.

We bill insurance companies directly so it’s hassle-free for you.

To schedule an appointment for onsite service, please call 517-546-4680.

**Contact Information:**

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