

Healthy is not a goal...
It's a Lifestyle. Live with Style!

Sound Familiar?

"I had been hospitalized ten days in Pensacola with a migraine... The doctors said it was all in my head and that I needed to see a psychiatrist..." -*Miranda 16*

"I had seen five chiropractors, a touch therapist, an acupuncturist, a neurologist, and a neurosurgeon who wanted to do immediate surgery..." -*Bob 69*

We took him to the pediatrician, ENT, and the Children's Clinic in Pensacola..." -*April son was 9*

"I was told, by my primary care provider, that I was having... seizures, dizziness, and total body numbness and was sent for CT's, MRI's, an EEG, and prescribed Topomax." -*Reba 16*

"My headaches made me hateful to friends and family." -*Frank 36*

"I was taking...Indocin, Naprosyn/Naproxin, Tylenol 800, Ibuprofen, Topomax, Dilantin, Neurotin, muscle relaxers, antibiotics, steroid shots, steroid inhalers..." -*Various Patients*

"He explained everything in detail about his methods of treatment, and to this date, everything he has told me has been the exact result." -*Wally 44*

"A well thought out treatment plan..." -*Lori 39*

"After a couple of visits, my legs no longer ache, my low back and shoulders feel great, even at night my mind is more relaxed, so I rest better." -*Frankie*

"What usually took a month or more... only took three visits. I've been pain free for weeks and at 69 that's saying something!" -*Bob 69*

"I got X-rays taken, and it showed that my C1, surrounding brainstem, was out of place. After four sessions... I have had no more headaches and the numbness is almost completely gone. The dizziness is less frequent and less severe." -*Reba 16*

"My pain levels, which were off the chart, are now tolerable. Without TNC, I would be on so many more medications." -*Miranda 16*

"I have full confidence in their methods and abilities. The results are amazing... I have recommended them to co-workers and friends." -*Rusty 53*

"I feel more like me again." -*Diedra 40*

"I have more patience with my family because of my overall feeling of well-being." -*Susan 47*

"I was skeptical of chiropractors until I came here." -*Janice 52*

"This is one time I'm glad I listened to my wife." -*Better to remain anonymous* -*Results vary with condition and severity.*

What do these patients have in common?

How could these patients, with very different symptoms and problems, express improvement after receiving the same chiropractic care at Three Notch Chiropractic? Although their symptoms may be different, the cause may not be. So, what do all these conditions have in common?

NASA, National Aeronautics and Space Administration, currently has over 80 different projects. Although these projects have different names based on location, goals, and are light-years apart, they all have one thing in common. They are all coordinated through one command post, Houston Control.

As the foundational nerve center of the entire NASA agency, Houston Control sends directions to every project and receives feedback from the equipment it monitors. A problem in the nerve center could cause problems in any or all of its systems.

So where is "Houston Control" in the body? What is the nerve center called that controls and coordinates all functions taking place in the body? The Brainstem.

What is Foundational Healthcare?

A house relies on a sound foundation to stand strong for years. Proper body function relies on a maximally functioning Brainstem to stand strong for years.

Just like a crack in the foundation is not always visible, it is evidenced throughout the house with settling that occurs. Cracks in the door frames, walls, and ceiling are easy to see. Gaps in windowsills and doorsills make air-conditioning expensive. Leaking roofs can ruin everything. While these symptoms of a broken foundation are important to fix, if we don't fix the broken foundation, these problems will keep coming back requiring continual costly fixes.

People come to Three Notch Chiropractic after having followed other protocols and treatments including medications, surgeries, pain management, physical therapy, acupuncture, and chiropractic.

Each protocol offers treatments that should be helpful. However, when they are not, maybe it is because there is something underlying that is not allowing the body to respond better, something in the foundation.

Re-Think
Healthcare

504 East Three Notch Street, Andalusia, Alabama 36420
www.ThreeNotchChiropractic.com

(O) +1 800.372.1391 (F) +1 800.372.1423
threenotchchiropractic@gmail.com



Healthy is not a goal...
It's a Lifestyle. Live with Style!

A driver, who is inhibited or distracted by music, emotions, or passengers, will make bad decisions affecting the entire car's activity, maintenance, and life span.

An inhibited Brainstem will make bad decisions that affect the entire body's function. Bad decisions today will, over time, affect your body's normal activities, leading to degenerative pain and dysfunction.

What foundations does the Brainstem rely upon to provide for efficient and vital, everyday functions?

Proper Brainstem Function Requires:

**Nutrition/Hydration
Exercise/Oxygen
Sleep
Stress Reduction**

Healthcare can be simple, practical, and effective if we take it back to the foundations of health.

Foundational Healthcare is the prioritized restoration of the foundation, not treating symptoms. If any of these foundations are compromised for long periods, the body will begin to alter its function to survive. Altered function, over time will degenerate the body to pain and dysfunction.

This explains why the expressed improvements by patients cover such a wide range of symptoms even though it is not the symptoms that are being treated, but the Brainstem. They also indicate improved energy levels, sleep quality, and overall well-being.

Sound too Simple to be Effective?

Many of the powerful protocols and procedures available are simple to counter the effects of degenerative pain and dysfunction.

Consider a small stone in your shoe. Initially pain in your foot, from the stone, would alter the way you walk. Over time, pain and degeneration would develop in your knee and hip, and also in the opposite leg, due to the continued abnormal gait.

Medications or surgical procedures may counter the effects of degenerative pain and dysfunction, but nothing will make it better until you take the stone out of your shoe. It sounds too simple, but the foundations, by definition, are powerful. Therefore, enabling them can have powerfully effective results while being extremely safe.

Many of the conditions that affect our quality-of-life can be classified under degenerative dysfunctional pain.

Foundational Healthcare can have a powerful ability to affect quality-of-life limiting conditions. These conditions can affect our on-the-job performance, our relaxation, our participation in community events, and personal relationships. So, not only did those patients express improved symptoms, they also indicated improved energy levels, sleep quality, and over-all well-being.

Foundational Healthcare does not treat these symptoms specifically. However patients have expressed improvements in this partial list of symptoms below, while restoring the foundations of their health.

Allergies	Frequent Colds	Neck Pain
Arthritis	Hacking Cough	Nervousness
Asthma	Headaches	Neuralgia/Neuritis
Arm Pain/Numbness	High Blood Pressure	Numbness
Athletic Injuries	Hip Pain	Pain (Chronic)
ADD/ADHD	Hyperactivity	Restlessness
Back Pain	Immune Deficiency	Sciatic Pain/Numbness
Bed Wetting	Indigestion	Scoliosis
Carpal Tunnel	Knee Pain	Seizures
Constipation	Learning Disability	Shoulder Pain
Depression	Leg Pain	Sinus Problems
Digestive Problems	Loss of Sleep	Sore Throat
Ear Infections	Low Back Pain	Tendonitis
Female Disorders	Migraine Headaches	Tingling Sensations
Fever/Flu Symptoms	Muscle Pulls	TMJ Syndrome
		Whiplash

So What About You?

When you are in pain, it is discouraging to hear "all the tests are negative" or "you're just going to have to live with this."

Is your condition due to degenerative pain and dysfunction? How much of your condition, or someone you love's condition, is from "foundational" problems and may not actually require medication or surgery? Wouldn't you like to know and not wonder?

Three Notch Chiropractic is proud to provide Foundational Chiropractic Healthcare to its Lower Alabama and Florida Panhandle patients and is prepared to serve you as well. We also provide educational corporate seminars.

CALL 1 800.372.1391 TO GET SCHEDULED NOW!

We Also Provide Educational Corporate Seminars.

Give this information to your Human Resources Manager.



Re-Think
Healthcare

504 East Three Notch Street, Andalusia, Alabama 36420
www.ThreeNotchChiropractic.com

(O) +1 800.372.1391 (F) +1 800.372.1423
threenotchchiropractic@gmail.com

Healthy is not a goal...
It's a Lifestyle. Live with Style!

Dr. Raley graduated with a Bachelor of Arts degree from Harding University in Marketing. He attended Life University in Marietta, GA as well as Sherman College of Chiropractic in Spartanburg, SC graduating Summa Cum Laude as a Doctor of Chiropractic.

Dr. Raley holds licensure with Alabama State Board of Chiropractic Examiners, Florida State Board of Chiropractic Examiners, and Arkansas State Board of Chiropractic Examiners. Professional memberships include the Alabama State Chiropractic Association as well as Florida Chiropractic Association. He also holds the position of Secretary in the local Kiwanis of Andalusia Civic Organization.

As a chiropractic student, he organized and staffed the Life University Health Talks providing educational and informational seminars to patients, surrounding communities, as well as, orienting new students and their families. These carried and conveyed the importance of health maintenance and the vital components of healthful lifestyles. The purpose of these seminars was to encourage those attending, by emphasizing the benefits of health maintenance to individuals and to the communities which they serve.

Dr. Jon grew up in a small town in Maryland, attended a Christian university in Arkansas, and married a beautiful young lady from Crestview, FL where he now resides. He has been blessed with 2 children: Hannah and Holden who you may meet from time to time at the office as they "help Daddy".

Jon Raley, DC

Chiropractor | Speaker | Well-being Educator



"Andalusia and Covington County have been warm and welcoming! I could not be more excited about being part of such a wonderful community."



Re-Think
Healthcare

504 East Three Notch Street, Andalusia, Alabama 36420
www.ThreeNotchChiropractic.com

(O) +1 800.372.1391 (F) +1 800.372.1423
threenotchchiropractic@gmail.com