



## THE TOP FOUR

### CHIROPRACTIC MISCONCEPTIONS

1. **Chiropractic is only for back and neck pain.** In 1895 the first chiropractic adjustment was made on a deaf person and his hearing was restored. Chiropractic doesn't treat any specific medical condition. The chiropractic adjustment helps improve nerve system function so the body and immune system function better. You need not suffer from a particular condition to enjoy the benefits of chiropractic—you simply must have the desire to be as healthy as possible.
2. **Chiropractic is just for adults.** On the contrary, chiropractic is GREAT for kids! Numerous case studies show that chiropractic is safe and effective for children of all ages.
3. **Once you see a chiropractor, you have to keep going back.** Seeing a chiropractor on a regular basis is a very healthy choice. However, the healthier you live outside the chiropractor's office, the less time you'll need inside the chiropractor's office.
4. **Chiropractors crack your neck.** Many gentle options are available today.



CARLEEN A. THUM

DOCTOR OF CHIROPRACTIC



Prior to entering the chiropractic profession, Dr. Carleen Thum taught health and physical education in the New Jersey public schools. After earning her doctorate in chiropractic she took post-doctoral studies in low force adjusting methods. She holds an Advanced Proficiency rating in Activator Methods, the gold standard in chiropractic instrument adjusting techniques. In addition to her 25 years in clinical practice she has trained extensively in the delivery of wellness principles and strategies.

As the centerpiece of her work Carleen focuses on the power of the chiropractic adjustment to remove life damaging blockage from the nerve system thereby enabling the body to recover its natural healing potential. Her background in education and communication combined with a passionate commitment to her patients' health and well-being create a critical shift to embrace optimal health and wellness.



YOU WERE  
BORN  
TO BE  
HEALTHY!

Learn how  
chiropractic care  
can change your life

CARLEEN A. THUM D.C. P. C.  
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YOU LIVE YOUR LIFE THROUGH YOUR NERVE SYSTEM

Your nerve system is the master system and controller of your body.



Right now your heart is beating. Your lungs, kidneys, liver, brain—everything in your body is functioning in a coordinated effort thanks to your nerve system

THE NERVE SYSTEM IS THE POWER SOURCE IN THE BODY.

The nerve system is similar to the electrical system in your home.

When a power surge stresses the system, a circuit breaker trips to prevent the house from burning down. What if this circuit led to your refrigerator? The food inside would spoil unless you could get the power turned on before it is too late.

THE PROBLEM IS NOT THE REFRIGERATOR BUT ITS POWER SOURCE.

The tripped circuit breaker disrupts the refrigerator's power source preventing it from operating efficiently. Similarly, when interference is present in your body, your nerve system is underpowered.

An underpowered nerve system limits your body's ability to operate at peak efficiency—and your health potential begins to "spoil".

**YOU WERE BORN TO BE HEALTHY.** If you are not experiencing robust health, you may have hidden interference in your nerve system.

**CAUSE of INTERFERENCE IN YOUR NERVE SYSTEM:**

1. Physical—what you do to your body.
2. Biochemical—what you put in your body.
3. Psychological—what weighs on your mind.

When these stresses combine and overwhelm your body's ability to process them, your nerve system cannot run at peak efficiency.

**AT RIVER'S EDGE CHIROPRACTIC, WE HAVE THE TECHNOLOGY TO FIND NERVE INTERFERENCE AND REMOVE IT.**



**OUR WELLNESS WORKUP ASSESSES HIDDEN INTERFERENCE TO PEAK PERFORMANCE AND OPTIMAL FUNCTION.**

**WELLNESS WORKUP GIFT CERTIFICATE**

How Healthy Are You?



- State of the Art Testing for
- + Structural Balance
  - + Nerve & Muscle Tone
  - + Nerve System Stress
  - + Energy Output

To assess your body's ability to work at peak performance and optimal function.

To identify the cause of any health problems you may have such as pain and stiffness, allergies, asthma, digestive disturbances, fatigue, frequent colds, headaches, insomnia, loss of energy and stress related ailments.

*IF YOU WEAR OUT YOUR BODY WHERE ARE YOU GOING TO LIVE?*

CARLEEN A. THUM D.C. P.C.  
RIVER'S EDGE CHIROPRACTIC