

CHIROPRACTIC ADJUSTMENT

- » Heal naturally without chemicals or surgery
- » Gentle adjustments release pressure on nerves

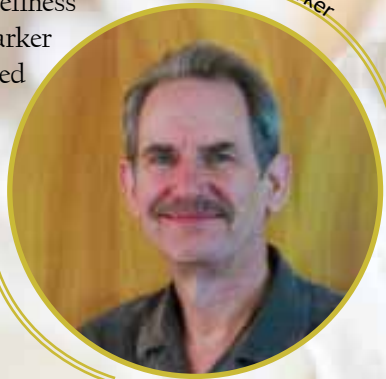
The professionals at Portland Chiropractic are dedicated to helping you achieve your health objectives, whether it's for pain/symptom relief or maximizing your wellness potential.

Dr. Gary Barker and staff are committed to bringing you better health, and a better life, by educating you about the true principles of wellness. We offer

- » Chiropractic care
- » Physical therapy
- » Myofascial release
- » Nutritional counseling
- » Latest advances in cold laser therapy

Chiropractors are trained in the detection and correction of vertebral subluxations. A subluxation is an interference in the nervous system resulting in malfunction or dis-ease.

Chiropractors look at the spine which is made up of vertebrae surrounding the spinal cord, the super highway of your nervous system. The subluxation is then corrected with a gentle adjustment releasing the pressure on the nerves enabling you to heal yourself naturally without chemicals or surgeries.



Dr. Barker

"I'm the daughter of one of your patients, and since my mother has been coming to you I do believe you have given her life back to her, and given her children their mother back"
-M.T.

"The biggest difference I have noticed is the feeling of 'a sense of well being' and 'a sense of FREEDOM', freedom from pain and a freedom to enjoy my life more. I now laugh and joke more."
-D.C.

"Better nights sleep, no more bedwetting, behavior much better, fewer breathing treatments for asthma (no breathing treatments for 2 months) and he's happier."
-Mom of M.W., age 4

BIOMAT

- » Reduce stress and fatigue
- » Relieves pain and joint stiffness
- » Removes wastes and toxins

The BioMat converts electricity into Far Infrared Rays (FIR), discovered by NASA to be the safest, most beneficial light wave. This state-of-the-art technology reverses degenerative disease cycles and speeds cellular renewal.

- » Accelerates healing & known as a powerful detoxifier
- » Reduces swelling, increases blood flow, has been shown to destroy cancer & viral cells
- » Balances pH by decreasing acidity
- » Activates cellular communication, making your body work better

The BioMat is a "pad" that lies on top of the massage table. The Far Infrared Rays penetrate deeply into the skin, stimulating healing and regeneration of nerves and muscle tissue. These Infrared Rays provide heat that relieves pain, muscle fatigue and improves hip flexibility.



PORTLAND CHIROPRACTIC WELLNESS CENTER

"The doctor of the future will give no medicine but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."

- Thomas A. Edison

CHIROPRACTIC CARE & ADDITIONAL SERVICES

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PERCUSSOR

- » Myofascial restrictions
- » Scar tissue adhesions and release
- » Shoulder, elbow, wrist and hand problems
- » Hip, knee, ankle and foot problems
- » Acute and chronic sinus problems
- » TMJ problems

The Percussor is a motorized instrument developed to generate a percussive force that goes deeply into the fascia to release restrictions in the fascia. (Fascia is connective tissue that covers every muscle, organ and system in the body. Trauma of any kind is stored in the fascia.)



The Percussor stimulates the release of the fascial connective tissue. This release allows the fluids and electrical properties of tissues and organs to flow normally again, creating motion and life, and restoring healthy balance to your body.

NUTRITIONAL SERVICES

- » Custom designed for you
- » Comprehensive nutritional evaluation
- » Supplements and gradual diet modification
- » Increase in vitality and joy

We are pleased to offer comprehensive nutritional evaluation and corrective recommendations, including supplements and gradual diet modification, to assist in adapting to this stressful world.

We encourage people to include nutritional evaluation as part of their whole person care by setting an appointment for a nutritional evaluation with Dr. Barker.

"I was very nervous to visit a Chiropractor. I didn't know what to expect but was totally focused on relief from pain. Dr. Barker and his staff put me at ease and made me comfortable immediately. My treatments have improved my overall health and attitude."

-R.S.

"I had pain for 15 years and I thought I'd always have to live with it. After only two months of chiropractic care, my pain was gone."

-L.C.

"I had constant pain in my neck, shoulders and back. I wanted recovery without damaging medication. I had dramatic results."

-J.B., age 20

COLD LASER

- » Painless treatment for acute and chronic pain
- » No negative side effects
- » FDA clearance for treatment
- » Effective in many areas, but not limited to:
 - » Carpal Tunnel Syndrome
 - » Chronic Pain-neck, shoulder, back, leg
 - » Tennis Elbow
 - » Golfers Elbow
 - » Rotator Cuff Injury
 - » Joint Pain-hand, foot, knee, ankle
 - » Other Musculoskeletal Injuries-sprains and strains
 - » Some Burns

Low-level lasers, or cold lasers, are not hot and are used to stimulate rather than destroy tissue. These lasers have been around for over twenty-five years. The ERCHONIA™ laser used here at Portland Chiropractic Wellness Center made history by becoming the first low-level laser in the world to receive FDA clearance for treatment of chronic neck and shoulder pain.

The cold laser emits light that is applied to the affected area, causing the cells to release important enzymes that initiate several life improving biological processes. The overall results are decreased pain and inflammation and increased range of motion and improved flexibility.



EB CELLULAR CLEANSE THERAPY

- » Better sleep, more energy
- » Can decrease pain and headaches
- » Better concentration
- » Improved feeling of wellness
- » Slows down aging and improves flexibility

The EB (Energy Balance) Cellular Cleanse Footbath restores the body's balance and energy, while aiding in its natural detoxification process.

Simply place your feet in the "Bioenergetic" water to receive the flow of appropriate ions. The energy flow from the EB Cellular Cleanse Therapy increases the body's energetics.

