

Align & *Thrive*

The chiropractic blueprint
for a *healthier* you

CHIROPRATIQUE
ROACH
CHIROPRACTIC inc.

roachchiropractic.com

Table of Contents.

3.	Welcome	25.	Vitamin & Supplements
4.	What Sets Us Apart	26.	Natural Health Product Comparison
5.	Brief Overview	28.	Our Most Popular Supplements
6.	Understanding Your First Visit (day 01)	29.	Exercises & Self-Care
8.	What We Look For	30.	Staying Connected & Healthy
10.	Before Your Second Visit (day 02)	32.	Nutrition
12.	Your Second Visit (day 02)	33.	Best Foods For Reducing Inflammation
16.	F.A.Q's	35.	Paleo Diet
18.	Myths	37.	Mediterranean Diet
20.	History 101	39.	Avoiding Pesticides
21.	Telling Others	40.	Adjusting Attitudes
22.	Where To Find Us	42.	Sharing Your Story
23.	Laser Therapy	43.	Final Thoughts
24.	Hydrotherapy Massage		



Welcome.

Dear Valued Patient,



Welcome to Roach Chiropractic Centre!

We're truly honored that you've chosen us to be part of your health-care journey. Whether you're here seeking relief from discomfort, aiming to improve your overall well-being, or exploring a healthier way of improving your quality of life, you've come to the right place.

Let us introduce ourselves! I'm Dr. Clayton Roach, the owner of Roach Chiropractic Centre, established in 2005. Alongside me is an exceptional chiropractor Dr. Josie Cross. Together, we are dedicated to providing you with the highest quality care, grounded in expertise, compassion, and a commitment to helping you live your best life.

From the moment you step through our doors, our mission is to ensure you feel at home. We understand that visiting a new clinic can sometimes feel overwhelming, but we're here to make your experience as comfortable and welcoming as possible. Our knowledgeable staff will be there every step of the way to assist you and answer any questions you may have. They will guide you along our new patient process, while making you feel like you're family. As chiropractors, we will take the time to listen to your concerns, understand your goals, and craft personalized structural care plans tailored specifically for you.

We are incredibly passionate about chiropractic care and its ability to transform lives. Each of us brings a unique perspective and skill set to the table, but what unites us is a shared purpose: empowering you to take charge of your health. Whether it's your first visit or you've been with us for years, we're grateful for the opportunity to be part of your journey. We will never take it for granted.

Thank you for trusting us to guide you on this path to better health.

We look forward to getting to know you, working with you, and celebrating your progress together.

Here's to a healthier, happier you!

Warmly,

Dr. Clayton Roach & Dr. Josie Cross

Your Chiropractic Health Team at Roach Chiropractic Centre



What Sets Us Apart.



After one adjustment I left a new woman and could put my ear to my shoulder and turn my head all the way. Thank you for giving my quality of life back. This place is the best or and the receptionists are super nice and helpful too!



Education Focused

Roach Chiropractic Centre has its own proprietary patient education system called Adjusting Attitudes. Every patient receives 40 videos through email during their journey with us, educating them not only on chiropractic, but on health concepts needed to help them get well and stay well. Education is one of our core values and we cherish every opportunity we get to teach and help our patients learn and grow. For us, every patient encounter is an opportunity to answer questions, educate and empower people to take full responsibility for their health.

Service Oriented

At Roach Chiropractic Centre, we pride ourselves on our commitment to exceptional patient care. Our dedicated staff, many of whom have been with us for years, understand the challenges our patients face. With empathy and compassion, we strive to make each visit a positive experience. In today's fast-paced world, good customer service can be hard to find. We believe in going the extra mile to ensure our patients feel heard, valued, and supported. Whether it's offering advice, scheduling and changing appointments, or simply lending a listening ear, we are here to help in every way possible.



Advanced Care

Roach Chiropractic Centre offers advanced chiropractic care that goes beyond traditional adjustments. Our unique approach, including structural care techniques, allows us to address the root cause of spinal misalignments, restoring natural spinal curves and promoting optimal health. We also incorporate Active Release Technique (ART), a patented soft tissue therapy that effectively helps with muscle tension, nerve entrapments, and other soft tissue problems. Our extended knowledge and training in prenatal, pregnancy, pediatric, and concussion care enable us to provide expanded care for patients of all ages and stages of life.

Data Driven

At Roach Chiropractic Centre, we believe in the power of data-driven care. Our comprehensive chiropractic examinations, including range of motion assessments, surface EMG, orthopedic and neurological testing, and posture analysis, provide objective insights into your spinal health. By tracking your progress through regular reassessments, we can visualize your journey from dysfunction to function. This data-driven approach empowers you with a clear understanding of your healing process and allows us to make timely adjustments to your treatment plan, ensuring optimal results.



Brief Overview.

What to Expect During the Chiropractic Journey.

Your chiropractic journey is a unique path, and we're here to guide and support you every step of the way. It's important to understand that healing and improving your health is rarely a straight line. There will likely be bumps, twists, and obstacles along the way—but that's all part of the process, and we'll be here to navigate them with you.

For some patients, results come quickly, and they feel relief almost right away. For others, progress is slower and more gradual. In fact, it's not uncommon to feel a little worse or sore when starting care. This is because your body is adjusting to the changes we're making to restore proper alignment and function. Muscle memory is a real thing and muscles will resist changes we're making to your alignment. It's similar to how you might feel sore after starting a new workout routine—your body is adapting, and that can take time.

True health is not just about how you feel; it's about how well your body is functioning. Pain and other symptoms are often the last signs that something is wrong. Think about heart disease or cancer...symptoms are always late to show, and in the case of heart disease, death from a heart attack may be your first and only symptom. Oddly enough, pain and symptoms are often the first to improve. Our goal isn't just to remove symptoms but to correct the underlying cause. This takes time, consistency, and commitment, but the rewards are well worth the effort.

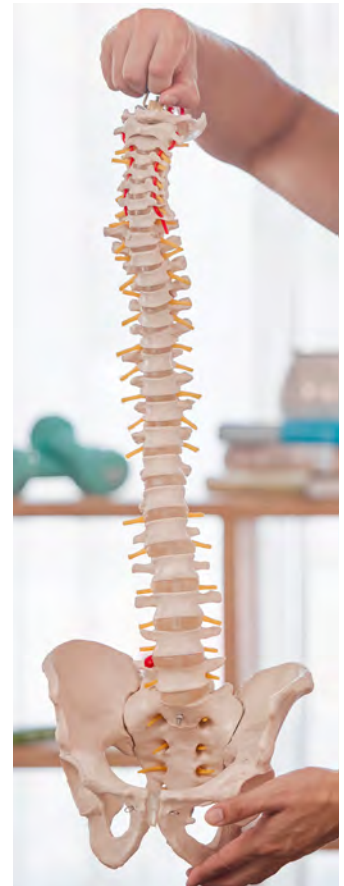
You can expect regular assessments throughout your care. These evaluations allow us to objectively measure your progress, ensuring that your treatment plan stays on track and is tailored to your evolving needs. By looking beyond how you're feeling day-to-day, we focus on the bigger picture—helping you achieve lasting health and well-being.

There may be times when you feel frustrated or experience a relapse, but don't let that discourage you. Healing is a process, and your persistence will pay off. The most important thing is to stay consistent with your care and trust the journey.

Remember, this is about more than just relief from discomfort—it's about empowering your body to function at its best so you can live the life you deserve. We are honored to be your partners on this journey and can't wait to celebrate your successes with you along the way.

You've taken the first step, and that's something to be proud of.

Together, we'll help you create a foundation for lifelong health and vitality.



Understanding Your First Visit.

(day 01)



Purpose of the visit:

Overview of consultation and exam goals.

Your consultation and exam are the foundation of your chiropractic journey. During the consultation, we'll take the time to listen to your health history and understand the story of how you've arrived at this point. Every ache, injury, or issue you've experienced contributes to the bigger picture of your overall health.

The exam allows us to connect the dots—assessing your posture, range of motion, nerve function, and spinal alignment to uncover why your body is functioning the way it is. Together, these steps help us identify the root cause of your concerns, not just the symptoms.

Once we have a clear understanding, we can determine the best next steps and how chiropractic care can create a meaningful shift, helping your body heal, adapt, and return to a state of better health, function and balance.

The Chiropractic Exam.

Your chiropractic exam is a thorough and personalized process that helps us uncover the root causes of your concerns and understand how your body is functioning. Each test we perform provides vital clues, working together to give us a comprehensive view of your health.

Here's what you can expect:

continued ►



Physical Exam: We begin by evaluating your posture, range of motion, and muscle strength. These assessments help us identify areas where your body may be compensating for imbalances or restrictions, as well as pinpoint movements or positions that could be contributing to your symptoms. Your physical exam gives us a clearer picture of how your body is moving as a whole.

Orthopedic Exam: This involves a series of specific tests to isolate affected joints, muscles, and soft tissues. These tests help us determine the areas of pain, stiffness, or instability that may be impacting your daily activities. Orthopedic exams allow us to focus on the precise structures involved and identify any underlying mechanical issues.

Neurological Exam: We test your reflexes, coordination, sensory function, and nerve responses. This helps us understand how well your nervous system is communicating with the rest of your body. Since the nervous system controls every process in the body, identifying any disruptions is a key step in restoring overall function and health.

Palpation Exam: Using our hands, we perform a palpation exam to carefully assess the joints of your spine and extremities, detecting areas of abnormal movement, tension, or restriction. One of the primary goals of palpation is to identify subluxations—areas where joints are misaligned or restricted in their movement. Subluxations can disrupt normal nerve function, irritate surrounding tissues, and reduce your body's ability to function at its best. These joint misalignments don't just cause pain; they can have a ripple effect on your overall health, even impacting your energy levels and quality of life. Chiropractors refine the art of palpation through years of training, making it an essential tool in detecting and addressing the root causes of discomfort and dysfunction.

Surface EMG Scan: MyoVision's ScanVision tool is essentially an electronic form of palpation, which measures the muscular compensation for subluxation or issues with the spine. The tool uses the same technology as ECG/EKG. Two small scanners are held momentarily against the left and right sides of the spine like a stethoscope, and quick readings of muscle activity at various levels of the spine are measured and stored. This technology provides an objective means of measuring muscle activity about the spine, just as a cardiologist utilizes an EKG. The test takes approximately one minute.

Muscles compensate for pain and/or spinal subluxations by tensing up to brace and guard. This technology objectively documents this pattern of muscular guarding, establishing need for care and objectively tracking progress over time. Just as a blood pressure cuff is used to track your cardiovascular health, the ScaVision scanning sEMG is used to track spinal health.

X-rays (if necessary): If your condition warrants it, we may recommend X-rays to evaluate the structure and alignment of your spine. X-rays can reveal underlying conditions such as degeneration, structural abnormalities, or past injuries that may not be immediately apparent during the physical examination.

By combining all the information gathered during your exam, we can connect the dots to understand the “why” and “what” behind your health concerns—why your body is not functioning as it should and what needs to be addressed. Once we know this, we can move on to the “how”—how we can best serve you, restore proper function, and help you return to a state of better health. This comprehensive approach ensures your care plan is tailored specifically to your unique needs, setting you on the path to lasting improvement and vitality.

”

When I was younger, I had chronic migraines, Dr Roach fixed them and they have never come back. I go now for maintenance and I'm extremely grateful to have a chiropractor like him.

He is kind, considerate, patient, and really cares about his clients. 10/10!!



What We Look For:

Subluxations and your health.

At Roach Chiropractic Centre, one of the most critical areas we focus on during your examination is identifying subluxations. A subluxation occurs when an area of the spine becomes restricted or “locked up,” preventing it from moving as it should. This lack of proper motion disrupts the spine’s natural function and can lead to discomfort or sensitivity, which you may feel when pressure is applied during your exam.

Subluxations don’t just cause local discomfort; they can also interfere with the body’s nervous system. The nerves near the affected area become compromised, leading to muscle tightness, tissue damage, inflammation and potentially even issues with organ function. Think of subluxations as congestion on a highway.

Imagine Halifax at rush hour, where cars (representing nerve signals) are traveling smoothly in all directions. Suddenly, a major accident on the 102 (a subluxation) occurs, blocking traffic. The cars near the accident get stuck, while those further away are forced to take longer, less efficient routes, leading to frustration and chaos. This is similar to how subluxations impact the flow of nerve signals between your brain and body.

Your brain relies on proper spinal movement to be activated and to coordinate every cell, muscle, and organ. When a subluxation disrupts this communication, your body compensates, but over time, this inefficiency can lead to imbalance and stress. Just as traffic congestion needs to be cleared to restore flow, subluxations must be corrected to allow your nervous system to function optimally again.

What’s more, subluxations can exist silently for years, much like a cavity that doesn’t initially cause a toothache. That’s why an initial chiropractic examination and regular chiropractic checkups are essential—waiting for symptoms often means the problem has progressed. Subluxations can arise from physical, chemical, or emotional stress, and addressing them early is key to preventing long-term damage and maintaining your overall health.

At Roach Chiropractic Centre, we are committed to identifying and addressing these spinal issues during your exam, so we can begin to restore spinal and nervous system function to improve your quality of life.

Common dysfunctions and how they impact overall well-being.

At Roach Chiropractic Centre, we often encounter a variety of conditions that affect people’s quality of life. These issues, while common, all have a root cause, and simply masking the symptoms with medication is not the answer. Instead, we focus on correcting the structure of the spine and removing subluxations to restore your body’s natural function. This approach often helps patients experience significant improvements in their health and overall well-being.

Here are some of the most common conditions we see and how they impact overall well-being:

Back Pain: Often caused by poor posture, herniated discs, or muscle strain, back pain can interfere with daily activities and reduce mobility. By realigning the spine and reducing nerve pressure, chiropractic care restores proper function and alleviates discomfort.

Hip Pain: Arthritis, sciatica, or injuries can lead to debilitating hip pain. Chiropractic adjustments restore joint alignment, reduce inflammation, and provide lasting relief, helping patients regain freedom of movement.



Neck Pain: Tension, stiffness, and limited range of motion from poor posture, whiplash, or stress are common issues. Chiropractic care targets these problems with adjustments and exercises, improving posture and strengthening neck support.

Carpal Tunnel Syndrome: Numbness, tingling, and wrist pain often stem from nerve compression. By addressing misalignments in the wrist and cervical spine, chiropractic care promotes recovery, reduces inflammation, and restores proper nerve function.

Golfer's & Tennis Elbow: Repetitive strain injuries can limit arm mobility and cause chronic pain. Chiropractic adjustments and soft tissue therapy ease joint strain, enhance circulation, and speed up recovery.

Numbness and Tingling: These sensations often indicate nerve interference in the spine or extremities. Removing pressure on nerves through chiropractic adjustments restores proper function and circulation, resolving these symptoms.

Headaches & Migraines: Persistent headaches can disrupt life, but chiropractic care reduces nerve irritation, improves posture, and alleviates muscle tension for lasting relief.

Sciatica: Lower back and leg pain from sciatic nerve compression can be debilitating. Chiropractic adjustments target the root cause, relieving nerve pressure and improving mobility.

Arthritis: Chronic joint pain from arthritis doesn't have to mean relying on medication. Gentle chiropractic adjustments reduce inflammation, enhance joint mobility, and support long-term joint health.

Joint Pain: Discomfort in the shoulders, knees, ankles, or other joints is often caused by misalignment or overuse. Chiropractic care restores alignment, reduces stress on joints, and eases pain.

Sports Injuries: Athletes benefit from chiropractic care through faster recovery, injury prevention, and performance improvement. Adjustments and rehabilitation exercises help maintain peak physical condition.

Whiplash: Following auto accidents or sudden trauma, chiropractic care restores neck function, reduces pain, and supports recovery with targeted adjustments and soft tissue work.

Concussions: Gentle chiropractic care, including cranial work, supports neurological recovery and reduces tension, aiding in concussion healing.

Colic in Infants: Gentle adjustments for infants improve nervous system function and reduce tension, often soothing colicky babies.

Asthma: Misalignments in the upper spine can interfere with lung function. Chiropractic adjustments optimize nerve function, supporting better breathing and reduced asthma symptoms.

Digestive Issues: Problems like bloating, constipation, and IBS are linked to nerve interference. Chiropractic adjustments improve communication between the spine and digestive organs, enhancing their function.

By addressing the root causes of these conditions, we empower patients to achieve a higher quality of life and health without relying on pills to mask symptoms. Through evidence-based techniques, advanced therapies, and a holistic approach, our goal is to restore balance and help you live your healthiest life.



SECTION 02

Watch This Before Your Second Visit.

(day 02)



Report of Findings Video

We know your time is valuable, which is why we created this short but powerful video to explain the foundation of chiropractic care and how it directly applies to your health. Watching this video before your next visit will save us time during your appointment and ensure you fully understand the results of your exam and have ample time to ask all the questions you desire to feel comfortable starting.

In the video, we'll explore the foundational principles of chiropractic, grounded in biological law—not belief. That's right...you do not have to believe in chiropractic in order for it to work. These principles explain how your body is designed to heal and regulate itself, but interference to your nervous system, such as subluxations, can prevent it from functioning optimally.

We will dive into the concept of **structural care**, a unique chiropractic approach, the focus at Roach Chiropractic Centre. This approach allows us to improve and sometimes restore the natural curves of the spine lost due to physical stress, traumas and poor posture. Restoring these curves allows for better spinal and nervous system health.

By understanding these principles, you'll see how chiropractic adjustments can restore balance and allow your body to self-heal, self-regulate, and thrive. Dr. Roach also shares his amazing story about how chiropractic changed his life and made him pursue it as a career.

Patients who take the time to watch this video often feel more confident about their future, better understand their health, and achieve greater results. Take this important step toward becoming the healthiest version of yourself—we promise it'll be worth it!

Dr. Clayton Roach's Chiropractic Story

watch it here ▲



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SECTION 03

Your Second Visit.

(day 02)

Report of Findings

What you'll learn about your exam results.

Your Day 2 visit, or what we call the Report of Findings, is an exciting step in your chiropractic journey.

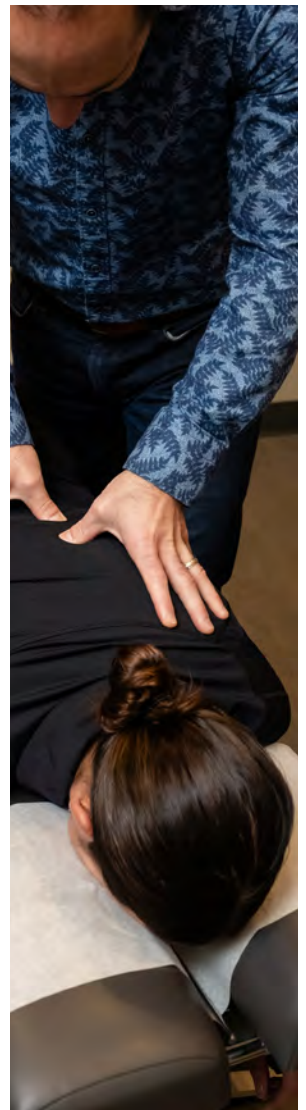
During this visit, we will review the results of your exam and discuss what we've discovered about your body and why you've been experiencing the challenges you've faced. Symptoms that seem disconnected from each other are often related and stem from a common cause. It's important to look at the body as a whole, like an ecosystem where everything affects everything.

This visit is where everything starts to make sense—where you'll gain a deeper understanding of how your body works, why it's been struggling, and what we can do to help. We'll explain what we've found, how chiropractic care can address the root cause of your concerns, and what your personalized care plan will look like. You'll also learn about the time and commitment involved, as well as the financial investment in your health. Most importantly, you'll leave this visit with clarity, hope, and excitement about the positive changes that lie ahead. This is your opportunity to take control of your health and commit to moving forward with confidence, knowing you're on the path to feeling and functioning better.

Personalized care plans: what, how long, and the financial investment.

At Roach Chiropractic Centre, we believe in tailoring care to fit your unique needs. No two bodies are alike, which is why there's no one-size-fits-all approach to chiropractic care. Your personalized structural care plan is built entirely on the data collected during your initial exam—your posture, range of motion, neurological health, and areas of subluxation all provide the information we need to create a roadmap for improving your health.

The length of your care plan is based on what science says it takes to shift abnormal spinal structure—not simply how good or bad you feel. Equally important is how often we will need to see you. This frequency is determined by the severity of your condition, how long you've been experiencing symptoms, and how well your body responds to treatment. Visits will be more frequent at the beginning of your care plan to build momentum and create lasting changes in your muscle memory and spinal alignment. Over time, as your body adapts and structural changes stabilize, the frequency of visits will decrease. Think of it like braces for your teeth—there's the total length of time the braces need to stay on, and the adjustments required in between to ensure progress. Similarly, once your structure has been optimized to the best of its potential, we'll transition to discussing wellness care. This phase is about maintaining the improvements, much like wearing a retainer after braces to preserve your results.



We also understand that finances can be a concern, which is why we offer several payment options to make your care as accessible as possible. We want you to feel comfortable and confident about moving forward with your health journey, without fear or stress about affordability. Our team will take the time to explain your options, so you can choose the one that works best for you and your family.

Your personalized care plan is not just about addressing what's wrong—it's about empowering you to take control of your health and invest in a brighter, more vibrant future with a body that supports you in achieving your goals and living the life you desire.

Your First Adjustment

What to expect during your first adjustment and how you might feel afterwards.

Chiropractors call their treatments, adjustments. Your first adjustment is an important step in your chiropractic journey, and we're here to ensure it's a comfortable and positive experience. During the adjustment, we'll use gentle, precise movements to restore proper alignment to specific areas of your spine or extremities. Depending on the segment being adjusted, you may be asked to lie on your back, stomach, or side, or even sit upright. As we apply the adjustment, you may hear a popping or clicking sound—this is simply gas being released from the joint as it moves, similar to the sound of cracking your knuckles. Most patients describe the adjustment as relieving, with a sense of release and improved mobility.

We always start slow, focusing on targeted areas and gradually building on what we do over the course of a few weeks. This allows us to observe how your body responds and adapt your care accordingly. This step-by-step approach not only ensures your safety and comfort but also helps you feel more at ease as you ease into the process.

Afterward, you might feel an immediate sense of lightness, reduced tension, or even a boost of energy. In some cases, you could feel mild soreness as your body begins to adapt to its new alignment, which is completely normal. It's a sign that your body is waking up and responding to the changes. Over time, as adjustments accumulate, you'll notice improvements in your overall function, paving the way for lasting health and vitality.

data collected during your initial exam—your posture, range of motion, neurological health, and areas of subluxation all

Are Adjustments safe?

At Roach Chiropractic Centre, your safety is at the heart of everything we do, and we want you to feel confident and comfortable with your decision to pursue chiropractic care. First, it's important to know that few health care interventions have been as extensively researched and assessed as chiropractic adjustments, both in terms of safety and effectiveness. Chiropractic care has a strong foundation of evidence behind it, and we rely on that science every day to guide our decisions and provide you with the highest standard of care.

Before beginning treatment, we conduct a thorough patient health history and examination. This allows us to understand your unique circumstances, identify any potential risks, and determine the most appropriate techniques for your body. Chiropractic adjustments are not a one-size-fits-all approach. The type of care we provide is carefully tailored to your individual needs, and we use a variety of techniques to ensure your safety and comfort at every step of the way.



Many patients experience immediate relief and improvement following an adjustment. However, like any healthcare intervention, there are some potential side effects. It's not uncommon to feel temporary stiffness, mild soreness, or slight swelling as your body begins to adapt to positive changes in your spine. These effects are typically short-lived and are signs that your body is responding to the care being provided. Compared to many common health treatments—such as long-term use of over-the-counter pain relievers or other medications—the risks associated with chiropractic care are considerably lower.

Neck adjustments, particularly those addressing the top two vertebrae, have on rare occasions been associated with stroke or stroke-like symptoms. However, studies show more of a relationship than a cause and effect. In fact, research from the Annals of Internal Medicine, which reviewed over 160 reports and studies, found no serious complications in more than 73 controlled clinical trials and prospectively evaluated case series. Additionally, studies published in Spine Journal suggest that patients in the early stages of stroke often present to chiropractors and other healthcare providers with neck pain and headache, likely due to pre-existing vertebral artery dissection—a condition unrelated to the care provided.

If you are at risk for osteoporosis or other conditions that affect bone density, we use gentle and precise techniques that are specifically chosen to minimize stress on the bones and joints. Our goal is to ensure that every adjustment is safe and effective, tailored to your needs while keeping your health and comfort as top priorities.

It's worth noting that chiropractors pay more for car insurance than for malpractice insurance, highlighting the overall safety of the profession. Furthermore, six formal government inquiries worldwide have confirmed that contemporary chiropractic care is safe, effective, and cost-effective, even recommending public funding for chiropractic services.

You can rest assured that when you receive care at our clinic, every adjustment is performed with precision, purpose, and your safety in mind. Chiropractic care is about empowering your body to heal naturally and function at its best. We're here to guide you on that journey, and we're confident that chiropractic care can make a positive difference in your life.



Next Steps

Explanation of follow-up care and scheduling recommendations.

Once you've decided to start your chiropractic care journey, it's time to create a rhythm that integrates chiropractic into your life. Scheduling your visits in advance is highly recommended to secure the most convenient times for your routine. Consistency is key, so if you happen to miss an appointment, be sure to rebook promptly to maintain the frequency needed for optimal results.

Every 12 visits, you will be reassessed to document changes that are happening as a result of your care. Reassessments are a key part of your chiropractic journey. While feeling better is important, our primary focus is on helping your body function at its best. Often, how you feel doesn't fully reflect how your body is performing internally, which is why regular reassessments are essential.

During these reassessments, we revisit the same objective criteria we examined at the start of your care. This includes a range of motion analysis, posture screen, weight distribution evaluation, orthopedic and neurological testing, and at a certain point, advanced diagnostics like our EMG scan. By tracking these measurable improvements, we can determine how well your body is responding to care and make adjustments to your treatment plan if needed.

Reassessments help us identify underlying issues that might still need attention while celebrating the progress you've made. This ensures we're not just masking symptoms but creating lasting change in your body's overall function. By staying on top of your progress, we can optimize your care and guide you toward achieving your long-term health goals.

Outside the clinic, staying active, stretching, and following the personalized home care advice we provide will help support the changes we're making together. Hydration is also essential—drink plenty of water to aid your body's recovery and adaptability. Take this opportunity to engage with us by asking questions and staying informed about your progress. Finally, consider making healthy choices in other areas of your life, like nutrition, sleep, and stress management, to amplify the benefits of your care and set the foundation for long-term wellness.

Together, we'll work toward a healthier, more vibrant you!



Myths & F.A.Q's.



F.A.Q's

What is chiropractic care, and how does it work?

Chiropractic care focuses on restoring proper alignment and movement in the spine and other joints, improving nerve function and overall body performance. Through hands-on adjustments and specialized techniques, we address joint misalignments, called subluxations, that can impact your health and nervous system, helping your body heal and function at its best.

What should I expect during my first chiropractic visit?

Your first visit includes a comprehensive consultation, health history review, and physical exam to uncover the root cause of your concerns. We'll assess your posture, range of motion, muscle strength, and more to develop a personalized care plan tailored to your needs.

Are chiropractic adjustments safe?

Yes, chiropractic adjustments are one of the safest health care interventions, extensively researched for both safety and effectiveness. At Roach Chiropractic Centre, we carefully consider your health history and use techniques that are appropriate for your unique needs to ensure safe and comfortable care.

How will I feel after my first adjustment?

Many patients experience immediate relief, while some may feel temporary soreness or mild stiffness as their body begins to adapt. This is a normal part of the healing process and a sign that positive changes are taking place.



What conditions do chiropractors treat?

Chiropractors address a wide range of conditions including back pain, neck pain, headaches, sciatica, joint issues, and more. We also focus on improving overall body function, which can support conditions related to posture, mobility, and stress.

How many visits will I need?

The number of visits depends on your specific condition and goals. Based on your exam findings, we'll create a personalized care plan that outlines how long and how often you'll need to come to achieve optimal results.

Does chiropractic care hurt?

Chiropractic care is generally painless. Adjustments are precise and gentle, and we always prioritize your comfort. Some patients may feel slight discomfort if their muscles or joints are particularly tight, but this typically resolves quickly.

Can chiropractic help with issues beyond back and neck pain?

Yes! Chiropractic care improves overall body function by enhancing nervous system performance, which can positively impact digestion, sleep, stress management, and even energy levels.

Is chiropractic care safe for children?

Absolutely. Chiropractic care for children is gentle and tailored to their growing bodies. It can help address issues such as colic, ear infections, and posture concerns, and support healthy development.

What techniques do you use at Roach Chiropractic Centre?

We use a variety of techniques, most of which revolve around structural care. While most of these techniques are hands-on, we sometimes accommodate patients and their conditions by doing instrument adjusting. For those at risk of conditions like osteoporosis, we modify techniques to ensure safe and effective care.

How does chiropractic care support overall wellness?

Yes, chiropractic adjustments are one of the safest health care interventions, extensively researched for both safety and effectiveness. At Roach Chiropractic Centre, we carefully consider your health history and use techniques that are appropriate for your unique needs to ensure safe and comfortable care.

Will my insurance cover chiropractic care?

Most insurance plans include coverage for chiropractic care. While we do not directly bill your insurance, we'll help you understand your benefits and payment options and provide you with the necessary receipts for reimbursement to ensure care is accessible and stress-free.

How do I schedule or reschedule an appointment?

Most insurance plans include coverage for chiropractic care. While we do not directly bill your insurance, we'll help you understand your benefits and payment options and provide you with the necessary receipts for reimbursement to ensure care is accessible and stress-free.

What should I wear to my appointment?

When possible, wear comfortable, loose-fitting clothing that allows easy movement. Avoid bulky layers or restrictive outfits so we can perform your assessment and adjustments effectively.

Can I refer friends and family, and how?

Absolutely! Sharing your positive experience is the greatest compliment you can give us. Simply click or tap on the button below to choose your preferred sharing option and invite someone to our clinic. They may thank you forever for helping them embark on a transformational health journey.



I've been going to doctor Roach since he opened his practice. So over 15 years I believe! I would never consider going to another chiropractor

**I Want to
Refer Someone**

[click here ▲](#)





Myths

It's natural to have questions or even concerns about chiropractic care, especially if you've heard some of the common misconceptions floating around. Let's address three of the most frequent myths and put your mind at ease:

A) "Once you go to a chiropractor, you have to go for the rest of your life."

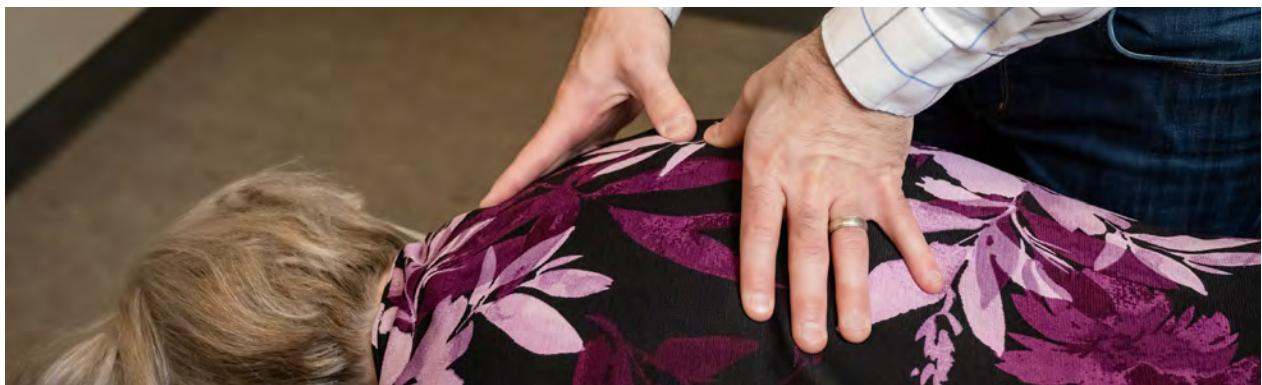
This myth is easy to debunk. Many patients choose to continue chiropractic care because they notice significant improvements in their health and quality of life. However, they also recognize that the same stressors—physical, chemical, and emotional—that contributed to their initial issues still exist. Choosing to maintain wellness care is like continuing to exercise after reaching your fitness goals. It's not mandatory but is an educated decision many make to sustain their progress. Ultimately, the choice is yours, and no one is ever forced into ongoing care.

B) "Chiropractic adjustments hurt."

The vast majority of chiropractic adjustments are gentle and pain-free. In fact, even newborns and young children are safely adjusted every day worldwide. For patients in significant discomfort, there may be some initial soreness or mild discomfort as their body adapts to the changes being made. This is a positive sign that things are shifting, and without these changes, the problem would persist. Our goal is to help you feel better and move better as comfortably as possible.

C) "Getting adjusted creates too much flexibility and more problems."

Chiropractic adjustments are precise and targeted. Chiropractors only adjust areas where joints are misaligned (subluxated), leaving the healthy joints alone. Before every adjustment, we assess your spine to determine exactly where care is needed that day. Over time, as your body becomes healthier and more aligned, you may become more aware of small changes in your spine. This awareness doesn't mean more problems—it's a sign that you're more in tune with your body than ever before!



D) “Chiropractic isn’t backed by science.”

This couldn’t be further from the truth. Chiropractic care is one of the most researched alternative health care professions in the world. Numerous studies have demonstrated its safety, effectiveness, and cost-efficiency for a variety of conditions, particularly those related to the spine and nervous system. Government inquiries and scientific clinical studies have consistently supported chiropractic care as a safe and effective option for improving health and wellness.

E) “Chiropractors aren’t real doctors.”

Chiropractors undergo a minimum of 8 years of extensive education and training to earn their Doctor of Chiropractic (DC) degree. This includes years of study in anatomy, physiology, neurology, biomechanics, and more, as well as hands-on clinical training. Chiropractors are licensed professionals who specialize in spinal health and the nervous system, making them sought after professionals, helping you move, feel, and function better.

F) “Chiropractic is only for back pain.”

While many people initially seek chiropractic care for back or neck pain, the benefits extend far beyond that. Chiropractic adjustments can positively impact the nervous system, which controls every function in your body. Patients often experience improvements in energy, sleep, digestion, immune function, and other unexpected areas of their health. Chiropractic focuses on restoring function, not just treating symptoms.

We hope this clears up some of the common misconceptions about chiropractic care. If you have lingering questions or concerns, don’t hesitate to ask your chiropractor. Remember, true health starts with the right mindset and informed decisions!



Chiropractic History 101.

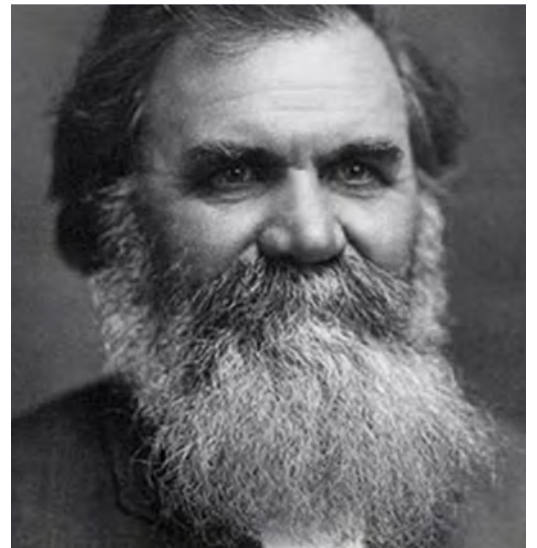
Chiropractic care may seem like a modern approach to health and wellness, but its origins date back over a century. Chiropractic was founded in 1895 by Daniel David Palmer, a magnetic healer. It all began when Dr. Palmer gave the first chiropractic adjustment to a custodian named Harvey Lillard, who had been deaf for 17 years. After receiving his first adjustment, Mr. Lillard regained his hearing, marking a pivotal moment in the history of chiropractic care.

In the early 1900s, Dr. Palmer's son, B.J. Palmer became instrumental in the development of chiropractic. After graduating from his father's school in 1902, B.J. took the foundational principles of chiropractic and expanded upon them, helping to establish chiropractic as a respected profession worldwide. The Palmer School of Chiropractic, initially founded by D.D. Palmer, was renamed by B.J. Palmer in 1905, continuing its legacy as a leader in chiropractic education.

Despite its early success, chiropractic faced many challenges. In its early years, chiropractic was not recognized as a separate profession, leading to conflicts with the medical community. Chiropractors were often accused of practicing medicine without a license, and many, including D.D. Palmer, were jailed for their work. By 1939, over 18,000 chiropractors had served time, demonstrating the struggles the profession faced.

In 1966, the American Medical Association (AMA) created the Committee on Quackery, aiming to eliminate chiropractic care. They labeled chiropractors as "quacks" and dismissed chiropractic as an "unscientific cult." For decades, medical doctors were discouraged from associating with chiropractors. However, in the 1980s, Dr. Chester Wilk and other chiropractors fought back, taking legal action against the AMA. The landmark 1987 case, *Wilk v. AMA*, resulted in a court ruling that the AMA had engaged in a conspiracy and restrained trade, effectively ending their boycott of chiropractic care.

Today, chiropractic is thriving. With over 18 accredited chiropractic schools in the United States and more than 30 internationally, including 2 in Canada, chiropractic care has grown to become the world's leading alternative healthcare profession. Millions of people seek chiropractic care every year to achieve their full health potential. Despite its colorful and sometimes controversial history, chiropractic remains committed to its foundational principles and continues to change lives for the better.



Telling Others.

Google Reviews

Why feedback matters and how to leave a review.

Your story matters. Every step of your chiropractic journey is unique and can inspire others who are struggling, just like you once were. Imagine someone out there—dealing with similar symptoms, feeling stuck, and unsure of where to turn—finding hope because they read your experience. Sharing how chiropractic care has changed your life can provide that person with the courage to take the first step toward healing.

Leaving a review is the greatest compliment you can give us. It's a testament to your progress, our care, and the power of chiropractic.

When writing your review, we encourage you to share:

How you felt before starting care: What challenges or symptoms were holding you back?

What was tough or challenging for you to do: How did those struggles impact your daily life?

How you feel now: What changes have you noticed since starting chiropractic care?

What has changed in your daily life: Are there activities or routines that are now easier or more enjoyable?

Unexpected results: Have you experienced improvements in areas you didn't even realize needed help?

What would you tell someone on the fence about starting chiropractic care: Many people have fears and need to feel comfortable. What would you tell them to help them take that first step?

Whether it's better sleep, more energy, less stress, or a newfound sense of freedom in your body, every success is worth celebrating. By sharing your story, you're not only highlighting your journey but also becoming a beacon of hope for someone else who may be suffering unnecessarily.

Your feedback helps us grow, inspires others to seek care, and reminds us why we're passionate about helping people. Thank you for trusting us with your health and for helping to spread the message of chiropractic care.

Together, we're changing lives.



[Submit A Review](#)

[click here](#) ▲



Where To Find Us.

Our Online Presence - Educational Content

Website: www.roachchiropractic.com

YouTube: www.youtube.com/@RoachChiropracticBedford

Instagram: [instagram.com/roachchiropractic](https://www.instagram.com/roachchiropractic)

Facebook: [facebook.com/roachchiropractic](https://www.facebook.com/roachchiropractic)

TikTok: [tiktok.com/@roachchiropractic](https://www.tiktok.com/@roachchiropractic)

X: x.com/Roach_Chiro



The staff is very friendly. Don't have to wait long and they have a good system with 2x separate sections. There is also a massage table and another chiropractor. They offer supplements and partake in community support.



Ancillary Services.

Laser Therapy

Discover the cutting-edge benefits of Theralase Laser Therapy at Roach Chiropractic Centre in Bedford, Nova Scotia. This advanced, non-invasive treatment promotes healing, reduces inflammation, and alleviates pain in soft tissues, the spine, and extremities. As an effective complement to chiropractic care, Theralase Laser Therapy accelerates recovery and optimizes musculoskeletal health.

What is Theralase Laser Therapy?

Theralase Laser Therapy uses low-level laser light to stimulate the body's natural healing processes at a cellular level. The treatment penetrates deeply to repair tissues, reduce scar formation, and enhance function, offering safe and painless relief for a variety of musculoskeletal conditions.

Key Benefits of Theralase Laser Therapy

1. **Accelerates healing:** Stimulates rapid cell regeneration and tissue repair.
2. **Reduces inflammation:** Minimizes swelling in soft tissues and joints.
3. **Alleviates pain:** Provides natural, drug-free relief for acute and chronic conditions.
4. **Improves joint mobility:** Restores flexibility and range of motion.
5. **Enhances circulation:** Increases blood flow for improved recovery.

Conditions Treated with Theralase Laser Therapy

Theralase is effective for conditions such as numbness and tingling, joint inflammation, extremity joint pain, arthritis, muscle strains, ligament sprains, tendonitis, bursitis, and post-surgical recovery.

A few specific conditions are:

golfer's elbow, tennis elbow, plantar fasciitis, achilles tendonitis and more.

What to Expect During Your First Visit

Your first visit includes a consultation and assessment to determine if laser therapy is right for you. If recommended, you'll receive a painless 20–30 minute session with no downtime required, allowing you to return to your routine immediately.

Why Combine Theralase Laser Therapy with Chiropractic Care?

For certain conditions, we may decide to pair laser therapy with chiropractic adjustments and Active Release Technique (ART). Together, these treatments can enhance and speed up the recovery process by addressing both the structure and dysfunctional tissues.





Hydrotherapy Massage

Discover the ultimate relaxation experience with HydroMassage therapy. This innovative, water-based massage technology provides a soothing escape while delivering targeted relief for muscle soreness, tension, and minor aches and pains. With fully customizable settings, HydroMassage offers unparalleled relaxation and recovery for patients of all ages and activity levels.

What is HydroMassage Therapy?

HydroMassage therapy uses advanced water jet technology to deliver a personalized full-body massage without the need to disrobe or apply lotions. The HydroMassage Bed combines soothing heat and massage to relieve tension, increase circulation, and promote relaxation in a quick, convenient session.

Benefits of HydroMassage Therapy

1. **Relieves muscle soreness, stiffness, and tension:** Ideal for active lifestyles or recovery after physical activity.
2. **Promotes increased circulation:** Supports muscle recovery and improves blood flow to targeted areas.
3. **Reduces stress and anxiety:** Helps you relax and unwind, contributing to better mental wellness.
4. **Provides temporary relief of minor aches and pains:** A perfect complement to your wellness routine.
5. **Enhances overall well-being:** Deep relaxation leaves you feeling refreshed and revitalized.

Why Choose HydroMassage at Roach Chiropractic Centre?

Our HydroMassage Bed is equipped with advanced features to ensure your experience is tailored to your unique needs:

- **Smooth Wave Traveling Massage:**

Water jets create a wave-like sensation, moving up and down the body to deliver targeted relief where you need it most.

- **Customizable Settings:**

Adjust the intensity, speed, and temperature to your comfort level using an intuitive touchscreen control.

Unparalleled Comfort and Precision

HydroMassage offers superior comfort compared to traditional mechanical massage chairs. The water-based technology contours to your body's shape, providing a smoother, more natural massage experience. The combination of heat and massage delivers deep relaxation and tension relief, leaving you feeling rejuvenated.



Vitamins & Supplements

Enhance your journey to wellness with premium supplements and vitamins.

Supplements and vitamins play a vital role in supporting your body's natural healing processes and maintaining optimal health. Chiropractic care focuses on restoring alignment and enhancing nervous system function, and the right nutrients can amplify these benefits by addressing nutritional deficiencies, reducing inflammation, and promoting cellular repair. By combining chiropractic adjustments with high-quality supplements, patients can achieve better outcomes and enjoy improved overall wellness.

What Makes a Good Supplement?

Quality matters when it comes to supplements. The best supplements are backed by science, formulated with bioavailable ingredients, and produced to meet the highest standards of purity and potency. At Roach Chiropractic Centre, we've aligned ourselves with leading pharmaceutical-grade and health practitioner brands in Canada that adhere to these principles, ensuring you receive products that:

- **Contain clinically-researched ingredients proven to support health and healing.**
- **Are free from contaminants, fillers, and artificial additives.**
- **Are manufactured under strict quality control and third-party testing to guarantee safety and efficacy.**

Our Commitment to Quality

The brands we trust are dedicated to upholding the highest industry standards, making them the preferred choice of healthcare practitioners across Canada. Whether you're looking for vitamins, minerals, probiotics, or targeted support for specific health concerns, our curated selection is designed to meet your unique needs with confidence and reliability.

Benefits of Supplementing with Chiropractic Care

- 1. Supports healing and recovery:** Supplements provide essential nutrients that aid in tissue repair and recovery after chiropractic adjustments.
- 2. Reduces inflammation:** Targeted supplements can help decrease inflammation, alleviating discomfort and enhancing mobility.
- 3. Improves energy and vitality:** A well-nourished body functions more efficiently, leaving you feeling energized and balanced.
- 4. Promotes long-term health:** Supplementation helps fill nutritional gaps, supporting overall wellness and disease prevention.
- 5. Enhances chiropractic results:** Proper nutrition works synergistically with spinal alignment to optimize nervous system function.

Why Choose our Supplements?

By offering only the best practitioner-recommended products, we ensure you're making an investment in your health. Our team is here to guide you in selecting supplements that align with your specific health goals, providing personalized recommendations to support your chiropractic care and overall well-being.



Natural Health Product Comparison.¹



BRAND	QUALITY SCORE/100
Douglas Laboratories	95%
Ortho Molecular Products.....	80%
USANA	80%
CanPrev	80%
Pure Encapsulations	70%
Adeeva.....	70%
Signature Supplements	70%
PhytoPharmica	70%
AOR	70%
Metagencis	70%
Thorne	70%
Vitazan.....	60%
WellBetX.....	60%



BRAND	QUALITY SCORE/100
Progressive	60%
Seroyal	50%
SISU	50%
Natural Factors	50%
Nu-Life	50%
Genestra	50%
Now	40%
MultiSure	40%
Nature's Bounty	40%
Platinum	40%
GNC	30%
New Roots Herbal	30%
Quest	20%
Jamieson	20%
London Drugs	15%
Centrum	10%
Equate	10%
Exact	10%
One A Day	10%
Rexall	10%
Life Brand	10%
Kirkland Signature	5%
Pharmasave	4%

¹Scores taken from “Comparative Guide to Nutritional Supplements, 5th Edition” Lyle McWilliam
**SCORES BASED ON PURITY, RESEARCH, 3RD PARTY TESTING, CLINICAL EFFICACY,
AND AMOUNT OF FILLERS/PRESERVATIVES**





Our Most Popular Supplements

Magnesium Glycinate

This form of magnesium supports muscle relaxation, nerve function, and reduces muscle tension and spasms, improves sleep and decreases stress. It's beneficial for patients experiencing musculoskeletal discomfort or stiffness such as restless leg syndrome.

B Complex

B vitamins aid in energy production, nerve health, and reducing stress. They support chiropractic care by promoting a healthy nervous system and reducing fatigue that may hinder recovery.

Vitamin D K2

This combination supports bone health and proper calcium metabolism. Vitamin D enhances calcium absorption, while K2 directs calcium to bones and away from soft tissues, making it ideal for patients with joint or spinal health concerns.

Omega-3

Rich in EPA and DHA, omega-3 fatty acids reduce inflammation, improve joint mobility, and support overall musculoskeletal health, complementing chiropractic adjustments.

Multivitamin

A comprehensive multivitamin provides essential nutrients to address deficiencies, support energy production, and promote tissue repair, enhancing the body's ability to heal post-adjustment.

Collagen

Collagen is crucial for joint, cartilage, and connective tissue health. It aids in repairing soft tissue injuries and improving joint function, especially for patients with chronic joint pain or mobility issues or who are having knee or hip replacements.

Cerenity PM

This supplement promotes restful sleep with a blend of nutrients and botanicals, such as melatonin and GABA. Proper sleep is essential for healing, stress reduction, and maintaining alignment after chiropractic care.

CopaCalm

CopaCalm supports relaxation and stress management with ingredients like L-theanine and GABA. Lowering stress can help patients respond better to chiropractic treatments by reducing muscle tension.

Diaxinol

Designed for blood sugar regulation, Diaxinol contains antioxidants and nutrients like alpha-lipoic acid and chromium. Maintaining balanced blood sugar supports overall health and reduces inflammation, which is critical for chiropractic patients dealing with chronic pain or systemic issues such as neuropathy.

By incorporating these supplements, chiropractic patients can enhance their recovery, support musculoskeletal and nervous system health, and promote overall well-being.



Exercises & Self-Care.

Downloadable Exercises

- Carpal Tunnel Protocol
- Core Strength Protocol
- Forward Head Protocol
- Golfer's Elbow Protocol
- Hip Bursitis Protocol
- Hip Pain Protocol
- IT Band Protocol
- Knee Pain Protocol
- Lumbar Facet Protocol
- Lumbar Sprain Protocol - Phase 01-03
- Mid Back Protocol
- Neck Pain Protocol
- Office Stretching Protocol
- Plantar Fasciitis Protocol
- Sciatica Protocol - Phase 01-02
- Shoulder Pain Protocol
- SI Joint Protocol
- Tennis Elbow Protocol
- Thoracic Outlet Protocol



Click on exercise for link to downloadable PDF



SECTION 10

Staying Connected & Healthy.

How to contact the clinic for questions and support

We're here for you every step of the way and want you to feel comfortable reaching out to us at any time. Whether you have questions about your care, need to reschedule an appointment, or just want some guidance, our friendly staff is ready to help.

You can contact us in the way that works best for you:

Phone: Call us at [902.404.3828](tel:902.404.3828) to speak with a member of our team directly.

Text Messages: Opt-in to receive text updates and reply anytime for quick and easy communication.

Email: Send us a message at info@roachchiropractic.com, and we'll get back to you as soon as possible.

Messenger: Connect with us on social media for another convenient way to get in touch.

We understand how busy life can be, and we're here to make things as seamless as possible. Whether you're booking your next visit, adjusting your schedule, or just want to ask a question, don't hesitate to reach out. Your health and peace of mind are our top priorities, and we're always happy to hear from you!

Wellness Care - Staying Well

At Roach Chiropractic Centre, our ultimate goal is not only to help you feel better but to help your body function optimally for the long term. Once the structural corrections made during your initial care plan have resolved your symptoms, wellness care ensures those improvements are maintained. Let's explore why ongoing chiropractic care is a crucial component of your health strategy.

Our bodies are under constant physical stress from the moment we wake up. Gravity and ground reaction forces exert pressure on our spine and joints all day, every day. Over time, this pressure creates wear and tear, particularly in areas of the spine that have already been vulnerable to misalignment. In addition to gravity, our daily activities—whether it's sitting at a desk, repetitive movements at work, poor posture, carrying children, or even intense physical training—exacerbate this stress.

When left unaddressed, these forces can undo the corrections achieved during your structural care phase. The spine, like any other structure, will revert to old patterns if not maintained. Over time, this can lead to a gradual loss of function, recurrence of symptoms, and even degeneration of the joints and discs. Think of your spine like your teeth: regular maintenance is necessary to prevent decay and ensure long-term health. Just as brushing and flossing daily and visiting the dentist regularly protect your teeth, ongoing chiropractic care protects your spinal health.



Scientifically, wellness care focuses on maintaining the integrity of your nervous system, the body's control center. Every spinal misalignment, or subluxation, interferes with the proper communication between your brain and body. Even if you're symptom-free, these subluxations can compromise your body's ability to function at its best. Regular chiropractic adjustments help keep your nervous system functioning efficiently, promoting better posture, flexibility, and mobility, while reducing the risk of injury or chronic pain.

Moreover, ongoing care provides benefits beyond physical alignment. Many patients report unexpected improvements in their overall well-being, including better sleep, improved digestion, increased energy levels, and reduced stress. This is because the nervous system governs every function in the body, and optimizing its performance creates a ripple effect throughout your health.

By investing in wellness care, you're taking a proactive approach to protect your health. Instead of waiting for issues to resurface or for pain to return, you can stay ahead of potential problems and enjoy a higher quality of life. Chiropractic wellness care is not a sales pitch—it's a scientifically grounded strategy to preserve your structure, enhance your function, and keep your body resilient in the face of life's physical demands.

Wellness care isn't about treating symptoms; it's about empowering your body to adapt to stress and thrive in your daily life. By incorporating regular adjustments into your routine, you're giving yourself the best opportunity to maintain the progress you've made and live life fully. Let's work together to keep your body strong, healthy, and balanced for years to come.



Nutrition

Killing and Avoiding Inflammation to Reduce Pain

As chiropractors, we often see patients who come in with pain stemming from chronic inflammation—an issue that can frequently be traced back to their diet. Inflammation is at the root of many conditions, from joint pain and arthritis to digestive issues and even headaches. While our adjustments help restore function and alignment, addressing the underlying cause of inflammation is essential for long-term relief and overall health.

Many foods in the standard diet can fuel inflammation, prolonging pain and delaying recovery. That's why we strongly recommend an anti-inflammatory diet as part of a holistic approach to wellness. By incorporating nutrient-dense, anti-inflammatory foods and reducing inflammatory triggers, you can take an active role in your healing process, reduce pain, and support your body's natural ability to thrive. So, start off by eliminating inflammation and then move towards one of our two middle ground diets: Paleo and Mediterranean. While these two diets have stood the test of time, they may not be perfect for you. Do not hesitate to ask our chiropractors for more advice and direction.



Best Foods for Reducing Inflammation

1. Fruits (Organic when possible)

Berries (blueberries, strawberries, raspberries): Packed with antioxidants, especially anthocyanins, which reduce inflammation by neutralizing free radicals.

Cherries: Contain anthocyanins and polyphenols that combat oxidative stress.

Citrus fruits (oranges, lemons): High in vitamin C, which reduces inflammatory markers.

How to incorporate: Add berries to oatmeal, yogurt, or smoothies. Snack on oranges or cherries.

2. Vegetables (Organic when possible)

Leafy greens (spinach, kale, Swiss chard): High in vitamins A, C, and K, as well as antioxidants that combat cellular damage.

Broccoli: Contains sulforaphane, which lowers levels of pro-inflammatory cytokines.

Bell peppers: Rich in vitamin C and quercetin, an anti-inflammatory compound.

Beets: Loaded with betalains, which reduce inflammation and oxidative stress.

How to incorporate: Sauté leafy greens with garlic and olive oil. Add broccoli or peppers to stir-fries or roasted veggie mixes.

3. Proteins

Fatty fish (wild salmon, mackerel, sardines): Provide omega-3 fatty acids (EPA and DHA), which suppress inflammation.

Legumes (lentils, chickpeas): High in fiber and plant-based proteins that reduce C-reactive protein (CRP), an inflammatory marker.

Nuts and seeds (walnuts, almonds, chia seeds): Provide healthy fats and antioxidants.

How to incorporate: Grill wild salmon for dinner. Toss walnuts or chia seeds into salads or yogurt. Use lentils as a base for soups.

4. Whole Grains

Quinoa, brown rice, oats: High in fiber, which promotes gut health and reduces inflammation. Refined grains, on the other hand, can spike blood sugar, triggering inflammation.

How to incorporate: Use quinoa as a base for salads, or have oatmeal with berries for breakfast.

5. Healthy Fats

Extra virgin olive oil: Rich in oleocanthal, which has similar effects to anti-inflammatory drugs.

Avocados: Contain monounsaturated fats and carotenoids that lower inflammation.

How to incorporate: Use olive oil as a salad dressing base or drizzle over roasted vegetables. Add avocado to sandwiches or salads.

6. Spices and Herbs

Turmeric: Contains curcumin, a powerful anti-inflammatory compound.

Ginger: Reduces inflammation through its active compounds, gingerol and shogaol.

Garlic: Contains sulfur compounds that inhibit inflammatory pathways.

How to incorporate: Add turmeric and ginger to soups or teas. Roast vegetables with garlic.

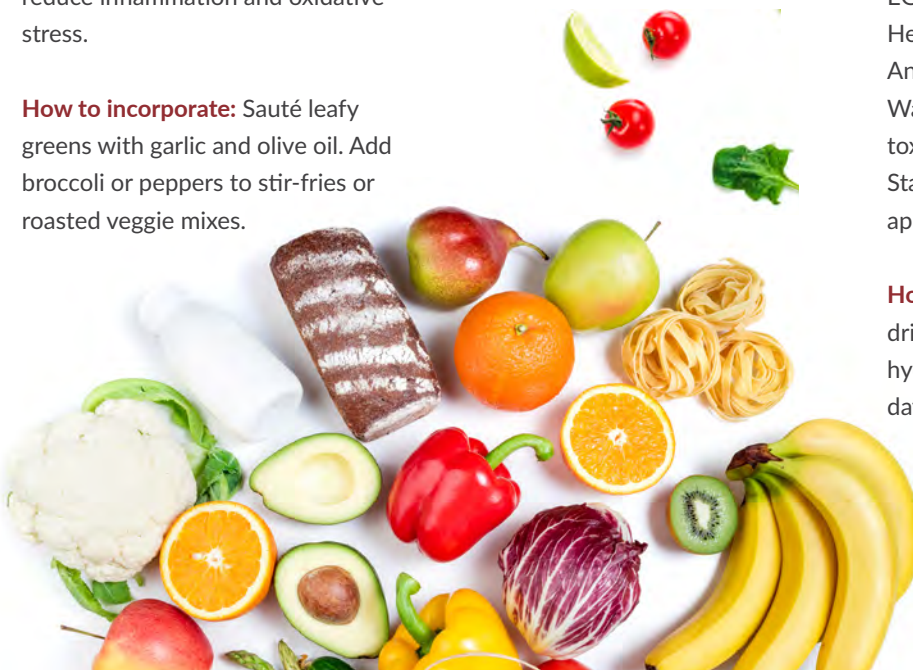
7. Beverages

Green tea: Rich in polyphenols and EGCG, which reduce inflammation.

Herbal teas (ginger, turmeric): Anti-inflammatory and soothing.

Water: Essential for flushing out toxins and reducing inflammation. Start your day with a tablespoon of apple cider vinegar!

How to incorporate: Swap sugary drinks for green or herbal tea. Stay hydrated with water throughout the day.



Foods To Avoid

1. Processed and Fried Foods

High in trans fats, which promote inflammation and damage cells. Examples: chips, fried chicken, fast food.

2. Refined Carbohydrates and Sugars

Spike blood sugar levels, leading to inflammation over time. Examples: white bread, pastries, candy, soda.

3. Red (Non Grass Fed/Finished) and Processed Meats

Contain advanced glycation end products (AGEs) and saturated fats, both of which contribute to inflammation. Examples: bacon, sausage, beef.

4. Dairy (in sensitive individuals)

Can cause inflammation in people with lactose intolerance or sensitivities.

5. Alcohol

Excessive alcohol disrupts gut health and triggers inflammatory responses.

Practical Tips for Meal Planning

Start Small: Swap sugary snacks with fruit or nuts.

Batch Cooking: Make large batches of quinoa, roasted veggies, or soups for easy meals.

Spice It Up: Use turmeric and garlic liberally in cooking.

Balance Meals: Aim for a mix of protein, healthy fats, and fiber-rich carbs in every meal.

Plan For Convenience: Keep frozen berries, pre-washed greens, and canned legumes on hand for quick additions to meals.

Example Daily Meal Plan

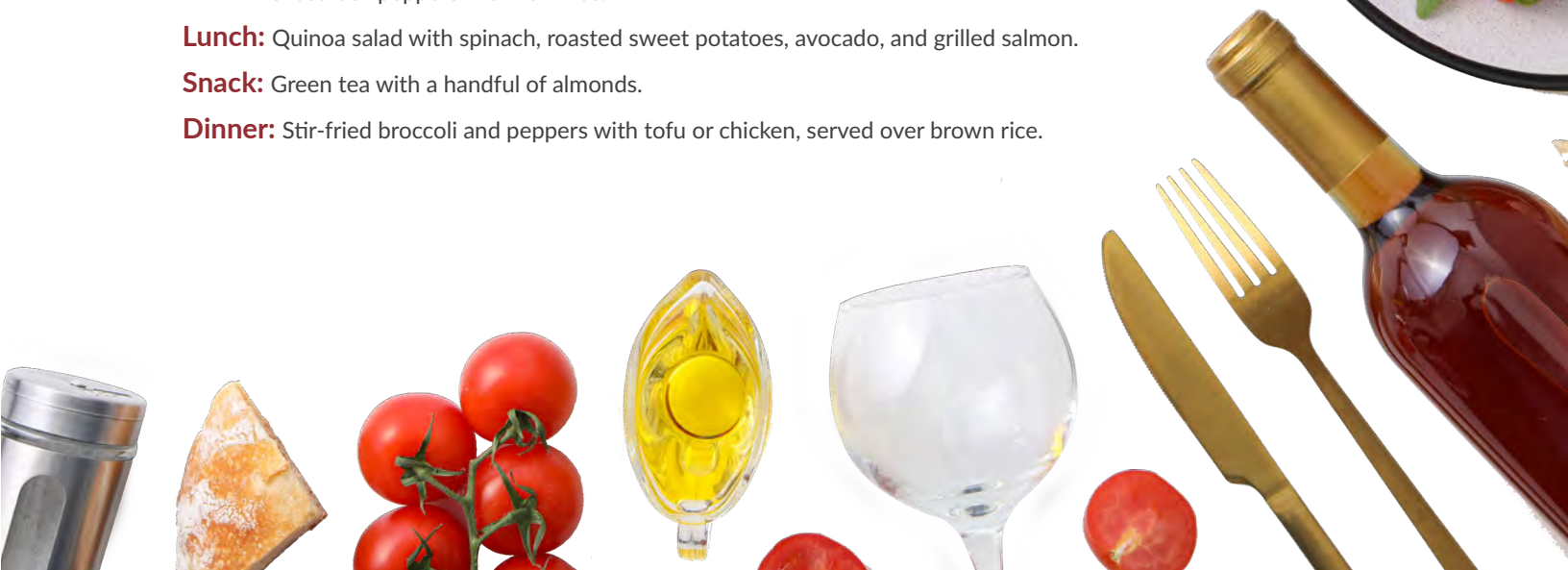
Breakfast: Oatmeal topped with blueberries, walnuts, and a drizzle of honey.

Snack: Sliced bell peppers with hummus.

Lunch: Quinoa salad with spinach, roasted sweet potatoes, avocado, and grilled salmon.

Snack: Green tea with a handful of almonds.

Dinner: Stir-fried broccoli and peppers with tofu or chicken, served over brown rice.



Our Two Best Middle Ground Diets: Paleo & Mediterranean.

Paleo

What is a Paleo Diet?

The Paleo diet, also known as the “caveman diet,” focuses on eating whole, unprocessed foods that mimic what our ancestors might have eaten during the Paleolithic era. The idea is to prioritize foods that are nutrient-dense, natural, and free from modern additives, grains, and processed ingredients. This approach is believed to reduce inflammation, improve digestion, and support overall health by aligning with how our bodies are naturally designed to process food.

Food Groups: What’s Allowed and Not

Allowed (Paleo-Friendly Foods)

1. Proteins

- Grass-fed meat (beef, bison)
- Poultry (chicken, turkey)
- Wild-caught fish (salmon, mackerel)
- Eggs (preferably free-range)

2. Vegetables

- Non-starchy veggies (spinach, kale, broccoli, peppers, zucchini, etc.)
- Root vegetables (carrots, beets, sweet potatoes)

3. Fruits

- Berries (blueberries, raspberries, strawberries)
- Apples, oranges, bananas, and other whole fruits

4. Healthy Fats

- Avocados
- Nuts and seeds (almonds, walnuts, chia, flaxseed)
- Coconut oil, olive oil, avocado oil

5. Herbs and Spices

- Basil, oregano, turmeric, garlic, ginger

Not Allowed (Foods to Avoid)

1. Grains

- Wheat, oats, rice, corn, and anything made from flour (bread, pasta, cereals)

2. Legumes

- Beans, lentils, peanuts, soy products

3. Dairy

- Milk, cheese, yogurt (though some Paleo variations allow grass-fed butter or ghee)

4. Refined Sugars and Processed Foods

- Candy, soda, packaged snacks, and anything with artificial ingredients

5. Industrial Seed Oils

- Vegetable oils like canola, sunflower, and soybean oil



Practical Tips for Daily Paleo Meal Planning

1. Build meals around simple combos:

Start with a quality protein source (like chicken or salmon), add lots of colorful vegetables, and finish with a healthy fat (like avocado or olive oil).

2. Prep in advance:

Roast a big tray of veggies and cook several portions of meat or fish at the start of the week to save time.

3. Use spices and herbs generously:

They add flavor and nutrients without any inflammatory ingredients.

4. Snack smart:

Keep Paleo-friendly options like nuts, fruit, or jerky on hand for when hunger strikes.

Sample Daily Paleo Meal Plan

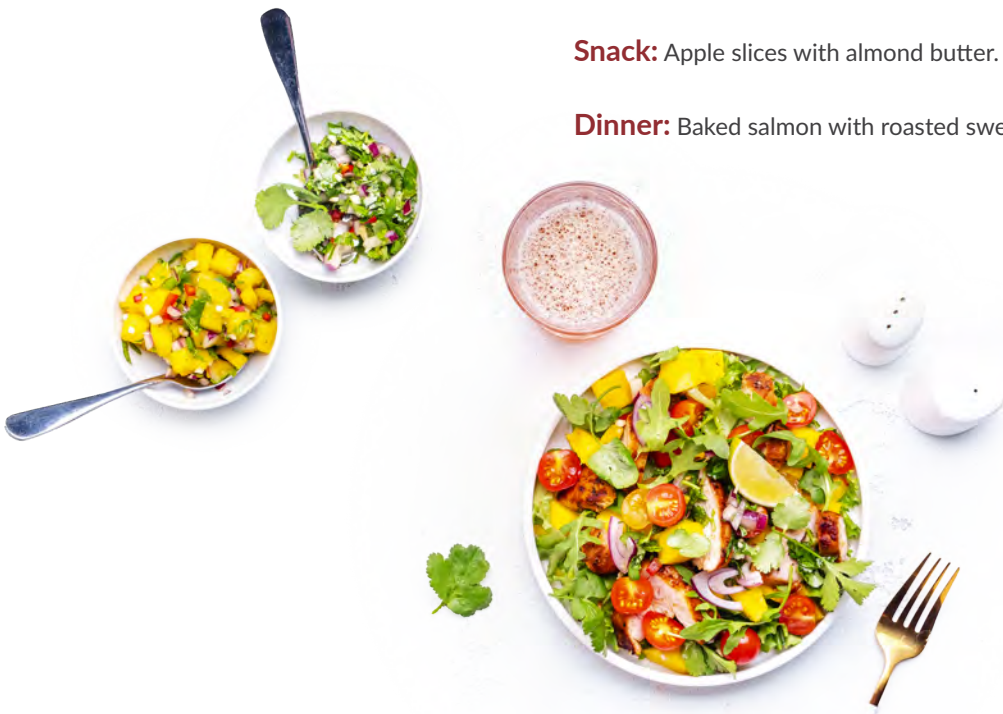
Breakfast: Scrambled eggs cooked in coconut oil with sautéed spinach and avocado slices.

Snack: A handful of almonds and fresh berries.

Lunch: Grilled chicken breast over a mixed greens salad with cucumbers, peppers, olive oil, and lemon dressing.

Snack: Apple slices with almond butter.

Dinner: Baked salmon with roasted sweet potatoes and steamed broccoli.



Mediterranean

What is a Mediterranean Diet?

The Mediterranean diet is a heart-healthy eating plan inspired by the traditional diets of countries bordering the Mediterranean Sea, such as Greece, Italy, and Spain. It emphasizes whole, minimally processed foods with an abundance of plant-based ingredients, healthy fats, and lean proteins. Known for its anti-inflammatory and disease-preventing benefits, this diet has been linked to improved heart health, brain function, and overall longevity.

Food Groups: What's Allowed and Not

Allowed (Mediterranean-Friendly Foods)

1. Vegetables

- Leafy greens (spinach, kale)
- Tomatoes, cucumbers, zucchini, peppers, eggplant

2. Fruits

- Oranges, apples, grapes, berries, figs, and citrus fruits

3. Whole Grains

- Brown rice, quinoa, farro, bulgur, barley, and whole-grain bread/pasta

4. Proteins

- Lean poultry (chicken, turkey)
- Fish and seafood (salmon, sardines, tuna, shrimp)
- Legumes (lentils, chickpeas, black beans)

5. Healthy Fats

- Extra virgin olive oil (the cornerstone of the diet)
- Avocados
- Nuts and seeds (almonds, walnuts, sunflower seeds)

6. Dairy (in moderation)

- Greek yogurt, feta cheese, ricotta, or Parmesan

7. Herbs and Spices

- Basil, oregano, thyme, parsley, garlic

8. Beverages

- Water, herbal teas, and moderate red wine (optional)

Not Allowed (Foods to Avoid)

1. Highly Processed Foods

- Packaged snacks, sugary cereals, fast food

2. Refined Grains

- White bread, pastries, white rice

3. Saturated and Trans Fats

- Butter, margarine, and hydrogenated oils

4. Sugary Drinks and Desserts

- Soda, candy, cakes



Feature	Mediterranean Diet	Paleo Diet
Grains & Legumes	Includes whole grains and legumes	Excludes grains and legumes
Dairy	Allows in moderation (e.g. yogurt, cheese)	Avoids dairy entirely
Fats	Focuses on olive oil and plant-based fats	Allows animal fats (e.g. from meat)
Philosophy	Focuses on heart health and moderation	Mimics ancestral eating patterns



Practical Tips for Daily Mediterranean Meal Planning

1. Focus on balance:

Center meals around vegetables, whole grains, and a source of protein. Add olive oil and herbs for flavor.

2. Incorporate seafood regularly:

Plan for fish at least 2–3 times a week.

3. Snack wisely:

Keep nuts, olives, or fresh fruit on hand for quick and satisfying snacks.

4. Enjoy the process:

The Mediterranean diet is about savoring meals and eating mindfully.



Sample Daily Mediterranean Meal Plan

Breakfast: Greek yogurt topped with fresh berries, a drizzle of honey, and a sprinkle of walnuts.

Snack: Sliced cucumbers and cherry tomatoes with a handful of olives.

Lunch: Quinoa salad with chickpeas, cucumbers, tomatoes, parsley, and olive oil-lemon dressing.

Snack: An apple with almond butter.

Dinner: Grilled salmon with roasted zucchini, eggplant, and whole-grain farro.

The Mediterranean diet is versatile, delicious, and easy to maintain. It allows for flexibility with whole grains and legumes, making it feel less restrictive than the Paleo diet while still providing significant health benefits.



Dirty Dozen

Avoiding Pesticides.

When it comes to choosing fruits and vegetables, understanding the impact of pesticides is crucial for making healthier choices. Many conventional crops are heavily sprayed with pesticides to protect them from pests, diseases, and weeds during the growing process. While these chemicals help ensure larger harvests, they can leave behind harmful residues that we unknowingly consume. Some produce absorbs these pesticides more readily, especially those with thin skins

or soft surfaces, making them harder to wash off. To minimize exposure, it's wise to prioritize buying organic for certain high-risk items or focus on produce with thicker rinds or peels, which act as natural barriers. This is where the concept of the "Dirty Dozen" comes in—a list of the most pesticide-contaminated fruits and vegetables, updated annually, to help consumers make informed decisions about when to go organic.

Here's the current Dirty Dozen list:

- Strawberries
- Spinach
- Kale, collard greens, and mustard greens
- Peaches
- Pears
- Nectarines
- Apples
- Grapes
- Bell peppers and hot peppers
- Cherries
- Blueberries
- Green beans

These items tend to have thin skins or are commonly grown using intensive spraying methods, making them high-risk for pesticide residues. For these foods, choosing organic whenever possible can significantly reduce your exposure to harmful chemicals.



Adjusting Attitudes.

The only patient education program of its kind;
created and brought to you by **Roach Chiropractic Centre**

At Roach Chiropractic Centre,

we believe that **education is the foundation of lasting health and wellness.**

That's why we've created **Adjusting Attitudes**, a cutting-edge educational program designed to help you understand chiropractic and empower you on your journey to better health. Through engaging video content, this program will guide you step-by-step, answering your questions, deepening your understanding, and transforming the way you think about health, healing, and lifelong wellness.

How it Works:

1. Immediate Access to Learning

On the same day as your initial consultation, you will receive your first two educational videos from your doctor. Simply open your email and click "**View Your Video Here**" to get started.

2. Personalized Access to Your Video Library

You will receive a username and password, allowing you to revisit your videos anytime or share them with family and friends. Simply sign in at the top right corner of **Adjusting Attitudes** to access your content.

3. A Guided Video Journey Through Your Care

Your education doesn't stop after your first visit! You will receive a new video **the day after your first adjustment**, followed by **weekly educational videos** tailored to your stage of care.

A new video will be delivered to your inbox **every three days**, for a total of **40 videos**, covering key chiropractic principles and essential health topics.

”

After just a few weeks being treated by Doctor Roach I am noticing improvement in my back and neck.



What You'll Learn:

Adjusting Attitudes is your personal guide to chiropractic and wellness.

This program takes you from your very first visit to a place of confidence and clarity about your health.

- **Early videos** cover the fundamentals—your new patient exam, Report of Findings, adjustments, subluxations, stress, and safety.
- **As you progress**, we introduce deeper topics, such as the immune system, pediatric chiropractic, and the long-term benefits of consistent care.
- **By the end of your journey**, you'll have a new perspective on health and will understand why a lifetime of chiropractic care is the key to optimal wellness.

Our Mission: Your Education, Your Health, Your Future.

At Roach Chiropractic Centre, our mission is to provide you with the **most innovative, engaging, and transformative** patient education experience. We use **state-of-the-art technology** and **paradigm-shifting content** to help you fully understand chiropractic—how it works, how it will help, and what to expect every step of the way.

If you ever have **questions or concerns**, please don't hesitate to reach out.

We are here to help, support, and guide you on your journey to better health.



Sharing Your Story

Becoming a Chiropractic Advocate.

How to refer friends and family

At **Roach Chiropractic Centre**, we believe that everyone deserves the opportunity to live their healthiest life. Many people don't realize that spinal issues can exist long before symptoms appear, affecting their overall well-being in ways they may not even recognize.

A **spinal assessment** is the best way to truly understand the health of the spine and nervous system. For some, it could be the missing piece to finally finding relief after years of discomfort. For others, it may be the key to preventing future problems before they start. If someone you care about has been struggling with

pain or simply wants to take a proactive approach to their health, we invite you to share this opportunity with them. A complete and thorough **spinal assessment** is just **\$37** and includes a detailed **report of findings** on their second visit. It could be the start of a life-changing journey.

Click the button below to easily share this offer with a friend or family member—you never know whose life you might impact with a simple gesture of care.

Together, we can create a ripple effect of health and well-being in your community. We would love to check and see more people like you! Thank you in advance.

**I Want to
Help Someone**

[click here ▲](#)

Who We Serve

1. General Population

Chiropractic care is beneficial for people of all ages and walks of life. Whether you experience back pain, neck pain, headaches, or other musculoskeletal issues, chiropractic adjustments can provide relief and improve your overall health. Regular chiropractic care can help you live a pain-free, active life.

2. Senior Care

As we age, our bodies undergo changes that can lead to pain, stiffness, and reduced mobility. Chiropractic care can help seniors maintain their independence and quality of life by addressing these issues. Gentle adjustments can alleviate pain, improve posture, and enhance overall well-being.

3. Sports Performance

Athletes push their bodies to the limit. Chiropractic care can help optimize athletic performance by improving flexibility, reducing muscle tension, and enhancing joint mobility. Regular adjustments can help prevent injuries, speed up recovery time, and maximize athletic potential.

4. Pregnancy and Postpartum Care

Experience a healthier pregnancy and postpartum recovery. Our chiropractors specialize in gentle, effective care to alleviate pain, improve posture, and optimize your body's natural healing abilities. From prenatal adjustments to postpartum rehabilitation, we're here to

support you every step of the way. Chiropractic care during pregnancy can help improve the normal physiological function of both the mother and the baby throughout pregnancy and birth.

5. Pediatric Chiropractic Care

Ensure your child's optimal health and development. Our gentle chiropractic adjustments help improve spinal alignment, reduce colic and fussiness, and promote overall well-being. From newborns to teenagers, we provide safe and effective care to address a variety of childhood conditions. Whether coincidental or genetic, many kids end up having similar misalignment patterns as their parents. Don't delay their spinal check up!



Conclusion.



Final Thoughts

Encouragement and inspiration to begin the healing journey.

Thank you message from Dr. Roach and the team.

As you begin your healing journey with us at Roach Chiropractic Centre, we want to take a moment to express our heartfelt gratitude for choosing us to support you. Each step you take toward better health is a victory, and we are honored to walk alongside you. We believe in your body's incredible potential to heal, and we are here to guide and encourage you every step of the way. Together, we will work toward creating a stronger, healthier you. Your commitment to your well-being is an inspiration, and we are excited to see the progress you will make. Here's to a life of vitality, strength, and function.



With gratitude and dedication.

Dr. Clayton Roach & Dr. Josie Cross
Roach Chiropractic Centre