

## Private Health Insurance

Our chiropractor is registered with most health insurers including PPP/AXA, SimplyHealth, Norwich Union and PruHealth to mention but a few. In most cases the insurance assist with only partial reimbursement for the treatment needed.

## Your Chiropractor

### **Morten S Westergaard BSc(Hons) MSc DC**

is a second generation Danish Chiropractor who graduated from Europe's oldest training establishment the Anglo European College of Chiropractic in 1998.

His first experience with chiropractic was when he was four years old suffering from the effects of asthma. The amazing improvement treatment gave him is the very reason he is a chiropractor today!

He is married with three children all of whom have experienced the benefits of chiropractic care. He is a keen sportsman favouring badminton, tennis and skiing and he is passionate about helping people get well and stay well.



Our reputation is built on results. That is why we only offer treatment after completing an initial consultation, taking a thorough history, doing a detailed examination (including X-Rays when appropriate) and giving you a complete report of the examination findings. When you know exactly what the problem is and how we are able to help you we will be ready to begin treatment.

To find out how you could benefit from chiropractic care, call one of our friendly team members to schedule your initial consultation.

# CAN WE HELP?

**best practice  
chiropractic**

34 Dyke Road Avenue, Brighton, BN1 5LB  
01273 560 888  
[chiropractor-brighton.co.uk](http://chiropractor-brighton.co.uk)

## Happiness Starts With Good Health

## Health – For you, your family & friends

Chiropractic deals with the detection and correction of problems caused by pressure or irritation of nerves resulting in pain, loss of function/mobility or just a sensation that something is not right. Problems affecting joints, muscles and nerves are very common and are typically caused by injury, postural habits or other forms of stress. Chiropractic is suitable for the varying needs of **babies, children, adults and seniors.**



At **best practice chiropractic** we work together as a team to ensure you achieve good and lasting results.

## Trapped nerves?

The main role of your spine is to provide you with flexibility while protecting your spinal cord. When a spinal bone (vertebra) moves *out of alignment* it can result in pressure on the nerves that exit between each of the vertebrae. This is known as a **Vertebral Subluxation.**

An irritated or trapped nerve can give you a sensation of **general stiffness, back and neck pain, sciatica, head pain or migraine, shoulder and arm pain** or it may make you prone to **repetitive strain injuries.** Loss of flexibility or proper alignment can also leave the spine prone to developing 'wear and tear' changes such as osteoarthritis. If you are experiencing pain is your body's way of telling you something is not right!



## Does no pain mean no problem?

Not all parts of your body let you know how well they are doing. For example joint surfaces and discs are known to have an extremely poor nerve supply so sensing pain is not always the first sign of a joint problem. Stiffness, locking and ache are more common early signs of a subluxation.

It is not uncommon that 'wear and tear' changes affecting the joints can go undetected for years before pain arrives. Therefore, relying solely on how you feel may not give you the full picture of your true state of health.

## A way to a healthy spine

Poor alignment forces your nerves, muscles, ligaments and bones to adapt, leaving you open to injuries and other problems. Improving joint function and posture not only make you look your best it helps you keep doing the things you love for longer. Growing older does not have to mean less active.



Always remember it is your choice what you do so chose wisely.