

we promise to

- **honor your goals**

We are here to help, whether you want relief or wellness.

- **respect your time**

We will make your visits fast, efficient and effective.

- **protect your privacy**

Your personal information is always confidential.

- **answer your questions**

We explain our examination findings in a language you will understand.

- **offer choices**

We are happy to refer you to other specialists as needed.

- **encourage participation**

We will show you ways to get well faster.

- **offer clinical excellence**

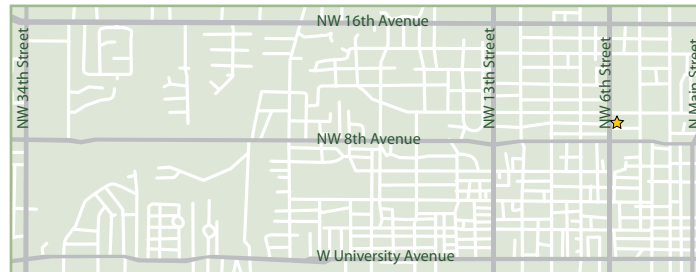
We bring to you the latest safe and natural chiropractic care.

- **offer hope**

Because with a revived nervous system, anything is possible.

client-reported benefits of chiropractic care

- improved physical, psychological, and emotional well being
- reduced pain
- increased flexibility
- reduced muscular tension
- improved posture
- deeper, more natural breathing
- improved inner awareness
- increased ability to cope with stress
- overall improvement in quality of life



A Center For Well Being Wellness Chiropractic

Dr. Jeffrey Smith

903 NW 6th Street
Gainesville, Florida 32601
352-336-2740 (phone)
352-336-2720 (fax)

Office Hours

Monday	10-12	2-6
Tuesday	10-12	
Wednesday	10-12	2-6
Thursday		2-6
Friday	10-12	2-6

a center for well being



Dr. Jeffrey Smith, D.C.
Wellness Chiropractor

Dr. Smith's approach to chiropractic care

Dr. Smith uses a holistic or wellness approach to treating patients. Rather than focusing on just your symptoms, he considers you as a whole person and takes into account your overall quality of life. He employs gentle chiropractic techniques, which honor the internal wisdom of your body, to decrease the interference in your nervous system. With less pressure on the spinal nerves, you heal your body and improve your quality of life.

basic philosophy

Your nervous system (brain, spinal cord, and spinal nerves) is the main communication system between your brain and your body. When the nervous system is overloaded or stressed, it cannot function at an optimal level and will begin to store tension in the spine and its supporting structures. This stored tension interferes with your nervous system's ability to process information and communicate with the rest of your body, causing health problems to arise.

what to expect at your first appointment

Dr. Smith will take your comprehensive medical history, perform a health evaluation, surface emg, and thermography scan, and give you a first adjustment as a means of assessing the current state of your nervous system. After a thorough evaluation, he will discuss what he felt and found and recommend a course of treatment.

regular care

Unlike traditional forms of chiropractic care, Dr. Smith primarily uses gentle touches to treat your spine. With regular care, they teach the brain and spinal cord new ways of coping with life's stresses—physical, emotional, mental, and spiritual—while promoting feelings of wellness. When appropriate, Dr. Smith will also physically adjust your bones.

testimonials

After suffering a mild stroke and experiencing continued irregular heartbeats, I sought care from Dr. Smith. After being in regular care, I've noticed some slowing down in my racing heartbeat, I am sleeping more soundly, and am less aware of the beating of my heart. —EL

No more snap, crackle, crackle and pop, but easy wave-like rhythms and my body finds the right balance. I feel more comfortable in all realms of my life: physical, spiritual, emotional, and mental. —LS

I highly recommend Dr. Smith to all of my massage clients. The softer tone that results helps make my work easier along with the benefits they receive. —Anonymous

I used to be in the kind of pain that incapacitated me for days and then took months to clear. Because of the gentle messages to my nervous system, I learned to dissipate the tension. Now I have improved range of motion and emotion, with a renewed sense of flexibility that over time is more easily accessed. —Anonymous

After each session my eyes are bright, stress is gone, there is an ease of movement, and interactions with people feel clear and connected. After six car accidents, it's a blessing to experience a technique that is gentle yet so effective. Dr. Smith is personal and highly intuitive. —HM

Our 4 year old son had a history of chronic ear infections, prolonged antibiotic use, and compromised hearing. He was scheduled to have surgery to have tubes put in his ears, but after 3 weeks of care with Dr. Smith, the surgery was no longer needed. His pre-operative ear exam and hearing test with his ear doctor revealed clear ears and the best hearing test he'd ever taken. His ears have been clear for 11 months now. —K & SG

This stuff you do actually works! —Jeff's Mother



about Dr. Smith

Dr. Smith's drive to help people create a better quality of life began when his father's health declined due to cancer. He attended University of Central Florida, receiving his B.S. in Pre-Health Sciences and graduated from the Reese Institute School of Massage in Oviedo. Wanting to help people on a deeper level, Dr. Smith attended Life University Chiropractic School in Marietta, Georgia, graduating in 1995. In addition to the traditional chiropractic education he received, he trained extensively in gentle, low-force techniques. In his practice he blends Network Spinal Analysis, Bio Geometric Integration, and Neuro-Emotional Technique to help each individual nervous system learn how to best heal itself.