Complex Problems, Simple Solutions

The human body manages trillions of cells and systems to stay healthy, but environmental stress can disrupt this. Prioritizing health is crucial. Chronic issues need expert help, but daily habits are vital for maintenance and repair. Simple lifestyle changes can keep you functioning well. While doctor visits are sometimes needed, your daily actions are key to staying healthy.

Here are three simple ways to maintain your body's health:

Eat a healthy whole food diet and use only whole food supplements. Avoid over-the-counter vitamins, which might be harmful. We offer lifestyle consultations to enhance your diet with suitable supplements. Our office now offers home testing kits for Omega 3/6 (inflammation protectors), Vitamin D, and Gut Microbiome (bacteria, virus, parasites, etc.).

Keep moving and stay flexible. Your muscles and fascia affect more than just strength and pain. Proper nutrients, oxygen, and waste flow through your blood and lymphatic vessels are vital for your body, which isn't possible if you are stiff or in pain.

Movement is essential for good health. As we age, stiffness increases, making it crucial to maintain flexibility. Visit us to help release tightness and restore movement throughout your body.

Stress levels and practice mindfulness. Allocate time to relax. Be aware when you are stressed and take appropriate measures. Remember that maintaining physical health contributes to mental well-being, and vice versa.

The Wilmington Clinic provides non-thrusting adjustments, soft tissue release, nutrition, and wellness plans. In addition, you can now order whole food supplements directly from Standard Process on our website, wilmingtonclinic.com, through the “product” banner.

Our Adjustments and Approach are Specialized

Traditional chiropractic care involves thrusting adjustments to "pop" joints, which improves movement and normalizes nerve function. In 1935, Logan Chiropractic University pioneered the development of “non-thrusting adjustments” designed to attain equivalent therapeutic outcomes. The truth is, "muscles move bones, not the other way around". Muscles and fascia can limit mobility and create a sense of being "out of alignment". Incorporating Specific exercises is essential to preserve the progress achieved through our manual adjustments. We address all areas of the body — spine, hips, shoulders, knees, elbows, hands, feet… all of it! Strain in one area can affect mobility in remote areas because everything is connected by a contiguous web of fascia.

We provide advanced techniques to enhance nerve, muscle and joint function. Our services include Myo-fascial release, Trigger Point Compression, Cupping, Graston, Cold laser, Ultrasound, Muscle stimulation, Acupressure/Acupuncture/Dry needling, Neck/Low back traction, Intersegmental traction, and Spinal Decompression. We also provide home rehab exercises to maintain improvement. Combining manual therapy, nutrition, and exercise programs enhances mobility and reduces or eliminates pain, allowing you to regain optimal movement and enjoy life fully!!

WILMINGTON CLINIC

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Open 6 Days a Week

Morning, afternoon and evening hours M-F and Saturday morning hours

Call for an appointment!

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