

Dr. Jaime Lubelczyk, D.C., L.Ac.,
Dipl. O.M. (NCCAOM),
a board certified chiropractor and
acupuncturist, licensed in the State of
Massachusetts, has been in the health care
field since 1998. She attended the
distinguished **New York Chiropractic
College**, where she completed her
Doctorate in Chiropractic as well as a
**Master's of Science in Acupuncture and
Oriental Medicine**. In addition to these
degrees, Dr. Lubelczyk is **certified in
Applied Kinesiology**, and is a member of the
**International College of Applied
Kinesiology**.

Dedicated to providing the best possible
care to her patients, Dr. Lubelczyk is
constantly integrating all her studies so she
can better help each individual optimize their
health and well being. Dr. Lubelczyk is
excited to join *all about you* in a united
effort to develop whole person medicine as a
preventative, as well as a corrective, option.

“Whatever the body has
created it can cure.”

Applied Kinesiology &
Chiropractic is used to treat:

- Sprains and strains
- Migraines / Headaches
- Preventing/ improving
arthritis
- Chronic/ acute pain
- Neck, back, arm, leg, hand,
and foot pain/ discomfort
- Reducing the symptoms of
childhood ear infections
- Digestive complaints
- Help stop addictions
- Stress reduction
- Feeling off-kilter

Fee Schedule:

First visit (1 hour): \$75

Follow-up visits: \$45

Sliding scale available.

Please ask provider for details.

jl@ALLaboutYOUolutions.com

Applied Kinesiology
& Chiropractic



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What is Chiropractic?

Spinal manipulation (nowadays referred to as “chiropractic”) can be dated as far back in history as Greek Civilization. Chiropractic is a hands-on procedure where the doctor uses specific manual pressure, called an adjustment, to restore normal motion to joints of the body. Adjustments can be applied to any joint of the body. They can be applied using significant force, little force, or no force at all.

Dr. Lubelczyk’s approach to Chiropractic is to use muscle testing to determine the patient’s needs, then provide adjustment and/or soft tissue work only to the areas which need correction. For patients who are not comfortable with adjustments that make noises (a “crack”), Dr. Lubelczyk offers some non-force adjustments, which can be as effective. Chiropractic has been shown to improve moods, strengthen the immune system, prevent and improve arthritis, improve lymphatic movement, decrease pain, increase range of motion, and regulate organ function.

What to expect at your first visit

- You will be given a number of forms where you will provide basic information about yourself and your current state of health. These should take about 15 minutes to

complete. Come a little early so that you can fill them in before your appointment time.

- Once I have reviewed your forms, I will ask you a number of questions regarding your chief complaint and health history
- After the history, I will perform an examination. This will take another 25-45 minutes. My exam consists of range of motion, neurological, and orthopedic tests. The goal here is to rule out pathology and to measure some things so we can track your improvement.
- If I believe my care is appropriate for you, I will treat you immediately after the exam is completed.
- Plan on about an hour for this first visit.
- Keep in mind that most complaints have been years in the making. Overnight recovery is usually not a reasonable expectation. Please be patient and allow your body to heal!

Please DRINK WATER after each visit. It will assist your body in the healing process.

What is Applied Kinesiology?

Applied Kinesiology, the application of the study of muscles and body movement, is a gentle, non-invasive system of evaluation where muscle testing is used to communicate with the body. This allows the doctor to identify functional imbalances in the body and then restore balance through conservative treatments such as; joint manipulation, muscle work, diet, emotional stress release, nutrition, or exercise.

A more technical explanation of how Applied Kinesiology works must be explained neurologically. All muscles are controlled by the nervous system. When a muscle, organ, or gland is not functioning properly, the nerves send a message to the brain. These messages can block the function of muscles to work at their optimum level. You would recognize this as feeling fatigue sooner than expected, feeling like something “is just not right”, or pain. Muscle testing is a tool used in Applied Kinesiology to test the function (not the strength) of the muscle, thereby enabling the practitioner to more accurately identify the source of the complaint be it physical pain, improper organ function, dietary sensitivities, or otherwise. From there the doctor can find a treatment to help restore your body to balance.