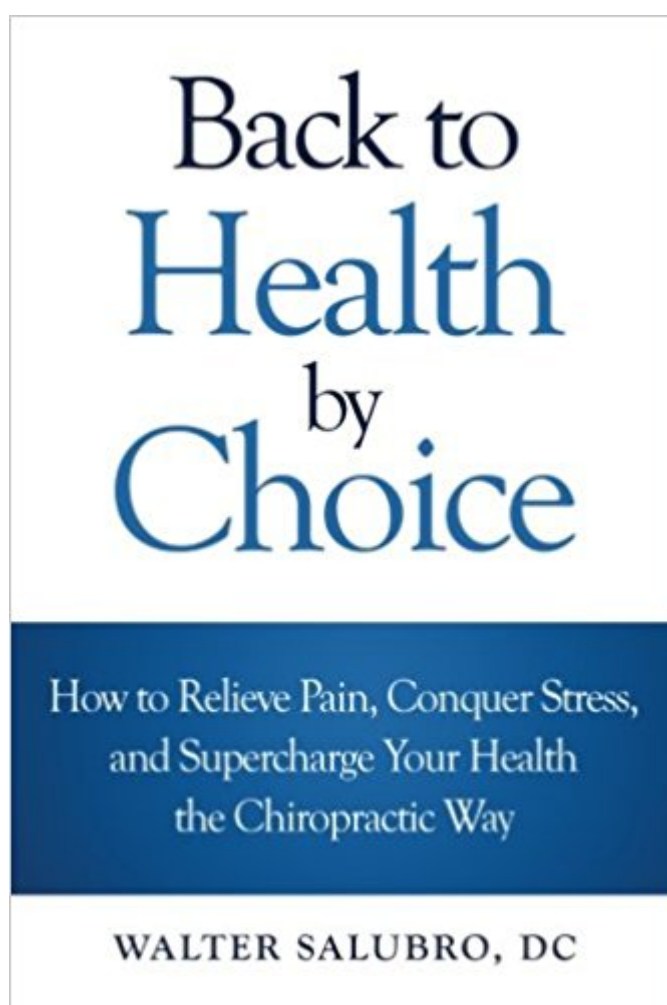


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# Back To Health By Choice: How To Relieve Pain, Conquer Stress And Supercharge Your Health The Chiropractic Way



## Synopsis

"Why Some People Almost Always Maximize their Health with Chiropractic" Do you live with continuous pain and discomfort? Do you suffer from horrible stress? Do you worry that your health is gradually declining? Millions of people go to the chiropractor to relieve their pain and improve their health. But why do some people start chiropractic care and get well, while some of the most well-meaning people who are sick, suffering, stressed out, and in pain do not start chiropractic care and remain sick? What is the essential prerequisite to elevating and maximizing your health? After fifteen years of clinical practice, writer, speaker, and chiropractor Dr. Walter Salubro is more convinced than ever of the answer: people who regain their health do so by choice. According to Dr. Salubro, people who choose healing get well and people who do not choose healing typically remain unchanged--sick and suffering. For headache sufferer Mary, chiropractic represented a health care method that gave practical form to her choice for healing. Back to Health by Choice covers her healing journey, including how chiropractic saved her from fifteen years of pounding headaches and led her to a healthier, happier life. If you are sick, stressed, or constantly suffering from pain, this book will guide you to make a choice for your own healing and give you the means to make a transformation in your health and in your life. You will discover: \*

- How chiropractic can help relieve common ailments like back pain, neck pain, and headaches--without the use of drugs.
- \* How chiropractic can help you adapt to and handle stress better.
- \* How chiropractic can help you naturally improve and regain your health.
- \* How to live your life to the fullest and increase your happiness.
- \* How to maximize your life potential, both immediately and in the long run.
- \* And much, much more.

"Reading Back to Health by Choice got me even more excited to help patients and change lives for the next day. This book is a must read for chiropractors and patients alike." --Dr. Jeremy Weisz, DC, Chiropractor, Founder of Chiropractical Solutions "In my opinion, this book will help the general public understand chiropractic better, and most importantly, help them understand that their health is in their hands." --Dr. John Minardi, BHK, DC, Chiropractor, Speaker, Author of The Complete Thompson Textbook: Minardi Integrated Systems Dr. Walter Salubro has been a practicing chiropractor for more than fifteen years. His clinic is located in Maple, Ontario, and it has helped thousands of people get relief from pain, stress, and improve their health. Dr. Salubro is also an engaging, dynamic speaker who routinely covers topics on chiropractic, health, and the wellness lifestyle. Back to Health by Choice is a wonderful book that is as moving to read as it is inspiring. Read it and transform your health.

## Book Information

Paperback: 168 pages

Publisher: Walter Salubro, DC; 1 edition (August 5, 2015)

Language: English

ISBN-10: 0994791305

ISBN-13: 978-0994791306

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #4,576,238 in Books (See Top 100 in Books) #82 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #367 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #861 in [Books > Medical Books > Allied Health Professions > Chiropractic](#)

## Customer Reviews

Dr. Walter Salubro is a family wellness chiropractor and the owner of Back To Health Chiropractic Centre in Maple, Ontario. He grew up in Toronto, Ontario, and moved to Vaughan, Ontario, with his family at the age of fifteen. Dr. Salubro graduated from York University in 1996 and from the National College of Chiropractic in 1999. He has been practicing chiropractic and serving his community of Maple and Vaughan for over fifteen years. Dr. Salubro provides chiropractic care to people of all age groups. He is trained in applying specific chiropractic techniques that are just as suitable for children as they are for adults. In addition to offering specific spinal adjustments and posture corrective techniques, Dr. Salubro offers an extensive lineup of health seminars, exercise classes, and a run/walk club to his patients. Dr. Salubro is an avid runner, having completed multiple marathons and half marathons. Dr. Walter Salubro is dedicated to providing exceptional chiropractic care for all his patients. He caters to the care of infants and pregnant mothers. Dr. Salubro is certified from the Academy of Chiropractic Family Practice and the Council on Chiropractic Pediatrics (CACCP). Dr. Walter Salubro is Webster Technique Certified, which is certified and recognized by the International Chiropractic Pediatric Association (ICPA).

I thoroughly enjoyed this book. Dr. Salubro's writing is clear and easy to read. Something that I really enjoyed was the emphasis was on a person's role in their health. It is an empowering book. It discusses topics like "choice and commitment" and "vision for your life". We are in a society today where we often accept health problems and sickness. This book helps remind us that we have a

role in our health. The book goes into depth how chiropractic actually helps people with their overall health and not just their pain. He gives great examples of cases of various patients with different health problems that improved and how their lives changed under chiropractic care. This is not just an introduction to chiropractic. This is a book about health. As well, I think this is a great tool for chiropractors to educate their patients. I would recommend this book to anyone, especially people who want to change their health and life!!!

Dr. Salubro's book, *Back to health by Choice* is a great tool for both doctors and patients. For the doctors, it helps to clarify how to convey to patients the concept that health is a choice. For the patients, it explains what chiropractic is all about and demystifies it by illustrating the power of the nervous system and its role in maintaining harmony in the body. I particularly enjoyed the chapter called: *Casting a vision for your life*. That is where it all should start for everybody. That vision will help one to make the right health choices in the end. Thanks Dr. Salubro for creating this amazing tool that will represent the position of chiropractic in our health care system and also enlighten people in search of answers and truths about health, the chiropractic way. Dr. Evelyne Bruneau, D.C.

For me as a chiropractor from Germany, Dr. Salubro's book is a great treasure and a awesome paper. Specially to see chiropractic as a way of life and the big picture of well being, that comes with it. Being good adjusted for many people opens up totally new realms of reality as Walter shows in a nice and understandable way. This is a great book that leads us as readers beyond technique's into a world of a new "could be". I like the emphasis on patients responsibility living a life from a healthy point of view. For me it is a privilege to know Dr. Salubro in person, so I can see that the content fits with the person.

I've been wanting to read this book for a while and am glad I finally did. It is a simple book explaining how we have the power to choose health. So many people don't think it's their choice, that they're genetically programmed to be sick, or have given up. The chiropractic message is different - it's never too late and there is always hope. This book explains chiropractic clearly and simply for those who need to make a step in this direction!

This book was an incredible read. Such a valuable tool for patients to understand the message of chiropractic, broken down into its simple concepts. The chapters were organized in such a way that

each concept built on the last as to create a full picture by the end of the book. If you are a patient looking for answers, but not exactly sure how chiropractic can help you and your family - pick up this book! What an accurate depiction of the profession. Thanks for getting this into print Dr. Salubro.

Great book for patients to understand more clearly the role of chiropractic in a healthy lifestyle.

Engaging and easy to read!

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hip flexor, hip pain relief, hip joint pain, hips)

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