

TRUE NORTH CHIROPRACTIC CENTER



PATIENT HANDBOOK

How to Get the Best Results and
Feel Great for a Lifetime with Care
at True North Chiropractic Center



OUR MISSION

Our Mission at True North Chiropractic Center is to help as many people as we can through natural, hands-on, chiropractic health care. We believe everyone can benefit from chiropractic care and are driven to create a healthier, drug free world.

ABOUT TRUE NORTH CHIROPRACTIC

- ✓ Opened August of 2016 and is one of the fastest-growing clinics in the Thief River Falls area.
- ✓ You'll love our friendly, professional, and highly trained team.
- ✓ Join our community of healthy happy patients!

MEET THE TEAM



DR. NATHAN WEISS
CHIROPRACTOR

He was born and raised in Red Lake Falls, MN. Attended The University of North Dakota for his bachelor's degree, moved to Minneapolis, MN to pursue his Doctorate from Northwestern Health Sciences University.

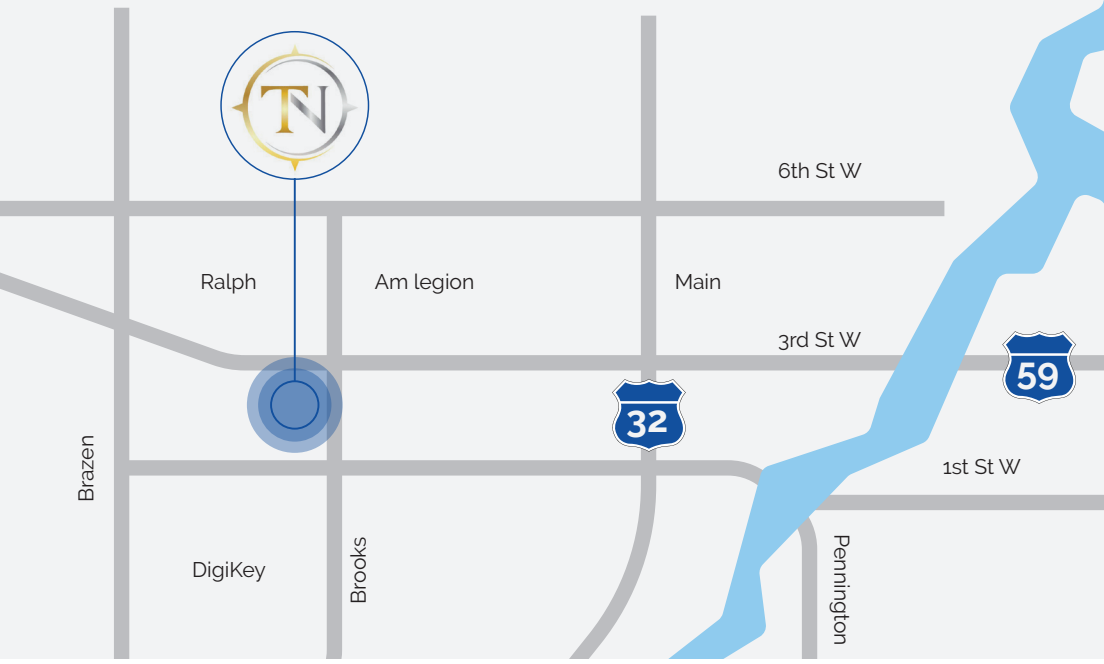
He is thrilled to be back in his home state to take care of his community!



SARA
CLINIC DIRECTOR

As the Director and Financial Specialist at True North Chiropractic, I oversee the daily operations of the clinic while helping ensure that every patient's experience from scheduling to financial coordination is smooth and stress-free.

DIRECTIONS TO OUR OFFICE



HOURS

Monday	9am-12pm, 3pm-6pm
Tuesday	9am-12pm, 3pm-6pm
Wednesday	9am-12pm, 3pm-6pm
Thursday	9am-12pm, 3pm-6pm
Friday	Closed
Sat/Sun	Closed



CALL/TEXT 218.689.5001 TO BOOK NOW!

FIRST VISIT

At TRUE NORTH You Will:

- ✓ Be greeted by name by our amazing staff at the frontdesk, who will give you quick and easy paperwork to fill out
 - ✓ Have your insurance checked for any and all benefits (optional)
 - ✓ Get a brief office tour of our State-of-the-Art office
 - ✓ Have a Consultation to go over your file with Dr.Weiss. He will provide you with:
 - A thorough Examination
 - X-rays (if necessary)
 - A Report of his Findings
 - A little bit of work on you for the first visit to get a feel for your case.
- **That way if you like, Dr. Weiss will put a personalized game plan together on how to get you feeling your best!**
- ✓ Dr. Weiss will let you know if we can help you and if not, we will send you in the right direction!
 - ✓ Lastly, back up front to our friendly front desk staff to get you scheduled per Doc's recommendations.
 - ✓ We pride ourselves on efficiency, you can expect your first appointment to last around 30-45 minutes.

On your second visit, Dr. Weiss will go over your personalized game plan. We will also go over how your insurance works.

So for now, relax and let's focus on you!

SECOND VISIT

- ✓ Sign into our iPad using the last four digits of your cell number.
 - Be detailed about how you are feeling; your insurance and Dr. Weiss rely on this information for your case.
 - If Non-Surgical Spinal Decompressions is required for your case in addition to Chiropractic, you will head to the back office to our decompression department.

The FIRST Decompression Department of its kind in Northern Minnesota!

- ✓ Then to the Rehab Room and Intersegmental Traction Table (Roller table) to stretch and exercise the spine.
- ✓ Go over your personalized game plan with Dr. Weiss on how we will go about getting you better!
 - Number of visits, length of visits, insurance (if applicable), frequency, cost of care...etc.
- ✓ Adjustment; focusing on the specific areas of concern found during your examination.
 - Back up front to set up appointments, one step closer to feeling your best!

Expect this visit to take 30 minutes if you are doing Decompression and Chiropractic, and only a few minutes if Chiropractic only.

You will LOVE the efficiency of our office!

**YOU CAN EXPECT TO HAVE THE ENTIRE PROCESS
ONLY TAKE A COUPLE OF MINUTES!
WE TELL OUR WINTER DRIVERS "WE ARE SO EFFICIENT YOU
CAN EVEN KEEP YOUR CAR RUNNING!"**

TYPICAL OFFICE VISIT:

- ✓ Check in at iPad.
 - Be detailed about how you are feeling; your insurance and Dr. Weiss relies on this information for your case.
- ✓ Decompression (if applicable)
- ✓ Rehab and Roller table (Heating pad)
- ✓ Adjustment
- ✓ Vibe Plate (if applicable)
- ✓ On your way to enjoy your day subluxation & pain free!

REFERRAL TO OTHER DOCTORS AS NEEDED

- ✓ We will ensure that you are routed to a top local office of your choice.
- ✓ If you have no preference, then we will locate one for you depending on the condition, (Neurologist, Orthopedic, Dentist, etc.).
- ✓ If you need a direct referral for surgery or casting, we will send you straight to the orthopedic which normally allows you to bypass the emergency room wait.



A quick X-Ray in the office after a fall playing Hockey, got this little guy a cast for 8 weeks!

HOW DOES CHIROPRACTIC CARE WORK?

- ✓ Dr. Weiss will go in with a series of Chiropractic adjustments (spinal manipulations) to try to fix the subluxations (state of less energy going into the body from the brain).
- ✓ Increasing nerve flow to the parts of the body that are affected while taking pressure off the nerves to reduce any pain symptoms.
- ✓ There are hundreds of ways to adjust the spine.
- ✓ If you have a preference, just inform Doc and he will accommodate accordingly.

What Can I do to Help?

After sitting all day in a neutral or flexed forward position, the discs can become dehydrated and stiff.

This traction table allows fluid to flush into the disc as it makes its revolutions through the spine for a smooth and comfortable adjustment.

Exercises?

The best thing you can do for your health is to ensure you make your visits on schedule. Thus, getting you better faster

We tell our patients, the only thing you need to do is make your appointments, we will do the rest, it's that easy!

WHAT IS DECOMPRESSION AND CAN IT HELP ME?

Non-surgical Spinal Decompression creates a negative pressure in the disc space.

A vacuum effect takes place and the herniated disc that is protruded into the spinal canal is given an opportunity to retract back into its assumed anatomical position.

Decompression is great for heavy lifters, prolonged sitters, runners, and just about anyone with a spine. Due to the compressive forces of gravity, decompression can be a great option for a wide variety of patients.



**GENTLE & SPECIFIC
CARE WITHOUT THE
SIDE EFFECTS THAT
SURGERY CAN HAVE!**

**Everybody can benefit from Decompression, as we all
have gravity acting down on us all day long!**



**Our Health Journey is not a linear process, it requires time and repetition.
Think how much better off you will be a year from
now with great consistent long-term care!**

HOW CHIROPRACTIC WORKS



The Science, Art and Philosophy of locating and correcting vertebral subluxations so the Innate power of the body can express itself at full potential.



The brain runs the body with power that flows down the spinal cord. Vertebra can irritate or pinch these nerves and cause, wherever the nerves go, a problem. Our job is to find and fix this.



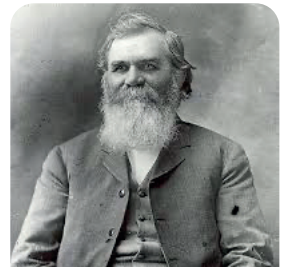
Called the:
Above – Down -
Inside – Out concept.
ADIO for short.

HISTORY OF CHIROPRACTIC

- ✓ Earliest recorded history shows people bone-setting.
- ✓ 1895 D.D. Palmer in Davenport, Iowa, "discovers" chiropractic by "adjusting" the neck of a man named Harvey Lillard.
- ✓ Lillard was rendered unable to hear after hurting his neck by being in a stooped position.
- ✓ Palmer's work restored his hearing. Thought he found a cure for deafness.
- ✓ Continued work and anatomical study revealing chiropractic much more powerful and comprehensive in its ability to get sick people well, regardless of the named condition.
- ✓ D.D. Palmer's son, B.J. Palmer, continues developing chiropractic, writes many books and develops the Palmer School of Chiropractic
- ✓ "Chiropractic" means the practical use of the hands.



Harvey Lillard



D.D. Palmer

TYPES OF DOCTORS

We need good Doctors of all kinds!

Doctor of Chiropractic- DC

Doctor of Dental Surgery- DDS

Doctor of Osteopathy- DO

Orthopedic Doctor- MD

Neurologist- MD

Doctor of Optometry-OD

Radiologist- MD or a DC

Doctor of Podiatry- DPM

Medical Doctor- MD

Doctor of Philosophy - PhD

Pediatrician- MD

Doctor of Physical Therapy- DPT

All have received advanced education. All have passed rigorous State and National Board Exams, and must be licensed in their State to practice.

The title of "Doctor" is not just given away. It carries significant responsibility.

Your doctor has extensive knowledge, far beyond what most people understand when it comes to health and healing!

WHY CHIROPRACTIC CARE IS SO GREAT!



We achieve results where others have failed.



We are able to correct conditions without surgery.



We are able to get people off drugs they may have had to take for many years.



We can get people back to work when they may not have been able to otherwise.



We literally add quality years to people's lives.



Chiropractic saves academic careers.



Chiropractic saves athletic careers.



Chiropractic helps people earn more. Feel better = do better!



We treat many hospital cases for an office visit fee.



A person can have a life-changing experience at the chiropractor and all the chiropractor used were their two hands. Incredible!



We have simple fees that are incredibly low compared to the benefit and safety of the care!



Chiropractic can be used to maintain and prevent future problems.



Chiropractic can benefit newborn babies and, in many cases, literally save a child's life. There are countless examples of this!



Chiropractic can help 99-year-old great grandmothers!



Chiropractic is 100% natural.

PAYING FOR CARE IS EASY HERE!



CASH

No need to worry about not having insurance, we have amazing cash plans that can be more affordable than most insurance benefits! We strive to make an accommodating environment for all patients for their care.



INSURANCE

Although there are a select few insurance companies that have decent chiropractic coverage, the majority of companies have high deductibles, copays, and co-insurances. Many times, this makes the insurance rate more expensive than our non-insurance rates. Since we work with many insurance companies, feel free to bring your card into the office and we will verify your benefits. We know insurance coverage can be confusing, but we have a well-trained team that can answer any questions you might have! We will handle all insurance in house, easing the burden of you having to file it on your own!



MEDICARE

Our office is a participating provider with Medicare. Once your deductible is met, your Medicare will cover 80% of the cost for your chiropractic adjustments to help achieve symptomatic stability (Symptom relief). Our goal is to get you as well as possible and keep you there. We typically run a series of 12 weeks of Medicare care. Once we have you feeling your best, we will graduate you to one of our awesome maintenance plans that will keep you feeling that way.



PERSONAL INJURY (AUTO COLLISION):

Auto related injuries are covered 100% in Minnesota whether you were at fault or not. You can get the care you need and it normally costs nothing. Great for you! All we need is your claim number and car insurance information. If an attorney is needed, we have many on file that we highly recommend to help you with your case!

How Payment Works

We offer affordable options to pay for your care so no matter your situation you can afford to be seen and be well taken care of! For your convenience, all financial arrangements are made before care begins. We never surprise you with a bill.

COMMON CONDITIONS

- ✓ Headaches
- ✓ Migraines
- ✓ Neck Pain
- ✓ Upper back pain
- ✓ Mid back pain
- ✓ Low back pain
- ✓ Hip pain
- ✓ Shoulder pain
- ✓ Weakness
- ✓ Tingling
- ✓ Numbness
- ✓ Herniated/Bulging
- ✓ Discs Arm/Hand pain
- ✓ Chronic pain
- ✓ Leg/Foot pain
- ✓ Knee pain
- ✓ Whiplash
- ✓ Rib pain
- ✓ Nerve pain
- ✓ Burning
- ✓ Stiffness
- ✓ Radiating pain

PATIENTS ALSO REPORT RELIEF FROM THESE CONDITIONS AS WELL

- ✓ Chronic Sickness
- ✓ Poor sleep
- ✓ Fatigue
- ✓ Fertility Issues
- ✓ Groin Pain
- ✓ Erectile Dysfunction
- ✓ Blood pressure
- ✓ Ear aches
- ✓ Troubles latching
- ✓ Colicky
- ✓ Digestive issues
- ✓ Constipation
- ✓ Heartburn
- ✓ Ear Ringing
- ✓ ADHD
- ✓ Bed wetting
- ✓ Jaw pain
- ✓ IBS
- ✓ Vertigo
- ✓ Breathing troubles
- ✓ Sciatica

When you remove the Subluxation and allow full nerve flow/nerve power to every Cell, Tissue, Organ, Gland in the body, the body begins to heal!

WHY IS THE WORLD FULL OF PEOPLE NEEDING CARE?

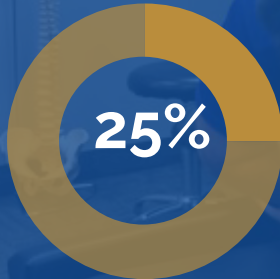
If the Opioid Epidemic has taught us anything: It is that conservative measures should be taken before drugs and surgery are even considered.



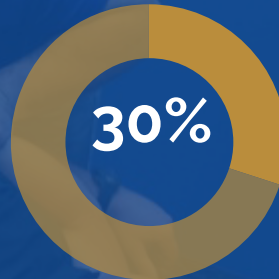
577 million
people have low
back pain right
now!



80%
of Americans will
have back pain in
their lives!



of Americans report
having low back
pain in the last 90
days!



reported
migraines

20-50%



of people have neck pain every year!

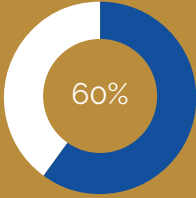
50 to 75%



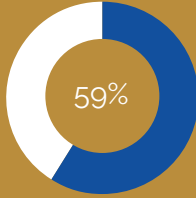
of adults age 18 to 65 have had headaches in the last year!

CHIROPRACTIC

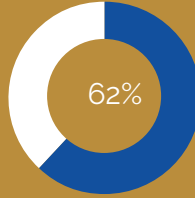
A **7-Year** Study Showed That Patients Whose Primary Care Physicians Were Doctors Of Chiropractic Had:



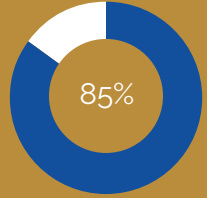
LESS IN-HOSPITAL
ADMISSIONS



LESS IN-HOSPITAL
DAYS



LESS OUTPATIENT
SURGERIES
AND PROCEDURES



LESS PHARMACEUTICAL
COSTS

QUESTIONS FOR THE PATIENT

Who do you know that should be checked by a chiropractor?

- ☐ My co-workers
- ☐ My family and friends
- ☐ Just those in pain
- ☐ Everyone deserves great nerve flow!

Who can benefit most by going to the chiropractor?

- ☐ Older people with arthritis
- ☐ People in sports
- ☐ Women with headaches
- ☐ Kids
- ☐ Everyone can benefit, those in pain especially, as pain is the body crying for help!

Describe your perfect Chiropractic visit, what would it be?

- ☐ The Doctor finds and understands my issue.
- ☐ The Doctor see's multiple cases like mine frequently with success.
- ☐ I don't have to plan out an entire day around my visit.
- ☐ I have flexibility on scheduling, so if I am a few minutes early or late; I am not asked to come back in 3 months or charged for that visit.
- ☐ Care is affordable and I can bring my whole family in to be seen.
- ☐ I want all of those things!

Let's get you checked today!

WHAT IS HEALTH?

Dorland's Medical Dictionary defines Health as:

A condition of optimum physical, social, mental and spiritual well-being. Not merely the absence of disease or infirmities (pain).

COMMUNITY OUTREACH

Dr. Weiss loves when he gets the opportunity to educate outside the office. His schedule doesn't allow for many, but a few times a year he will:

- ✓ Show X-rays in classrooms at school.
- ✓ Discuss the 5 factors of health at a local gym.
- ✓ Discuss proper computer and desk technique for those in sedentary positions in the business setting.
- ✓ Zoom call at home or work.
- ✓ Short videos to your cell or work.



Dr. Weiss leading a group conversation on the 5 factors of health at a local favorite CrossFit Gym!

HOW AND WHY TO REFER IN YOUR FAMILY AND FRIENDS

True North Chiropractic has been built on community referrals. There are people out there hurting in a thousand different ways that we can help. You have friends, family, coworkers, teammates, all of whom would be better off if they were in here!

Feel free to have them call, text, or e-mail us to schedule their first appointment. If they are referred to our office from a current patient, aka YOU. Then there is no charge for this first visit. We will waive the initial fee for them so that they can come in, get checked at no charge, by providing them with a limited supply gift certificate. It's our commitment to the community!

All because they know YOU! We are happy to help!

I told my wife when I opened this office in 2019 that you always hear the saying, good news travels to 2 people, bad news travels to 5. Well, what the saying doesn't tell you is that GREAT news travels to 30 people. When patients feel well, they want their entire family and friends to feel just as well. -Dr. Weiss



Dr. Weiss with his wife, Sara, and their two kids Ryder and Cora



Asher W.

"Dr. Weiss has helped my wrestling performance on the mat tremendously. I had to sit out a whole 3 months due to back injuries and in just a few weeks of working with him, I saw fast results. I have not had to sit out or miss any competitions this season."



Wrestling standout staying in tip top shape with chiropractic.



Mindy B.

"To be treated as if my pain is real and to care about resolving the issue not just offering pain meds to cover up the pain. Being older sometimes means people make light of pain and just offer platitudes. Not at True North Chiropractic, Dr. Weiss has never made me feel as if he doesn't really care about relieving my pain. My only regret is not finding this office sooner. Try it, you'll like it."



Josh G.

"Last month I was in an automobile accident that caused some upper back/shoulder/neck issues. The discomfort inhibited some of the daily physical activities that I really enjoy and feel are very necessary in maintaining a healthy lifestyle. Dr. Weiss has done a fantastic job correcting misalignments so that workouts have become pain free and long recovery periods have been greatly minimized."





Audrey J.

"Highly recommend going to True North Chiropractic! I was very nervous and never had been to a chiropractor before and really didn't fully understand the process/ benefits. Dr. Weiss takes the time to fully explain things to me in a way that is easy to understand, while providing care that specific to my needs. The amount of time, care and passion that he shows when working with his patients is amazing!"



Jackson J.

(In Mom's Words)"I always notice him sleeping better, he tends to get sick less often. He eats better, if we miss one of our appointments, we can notice tremendous negative differences compared to when we are consistent."



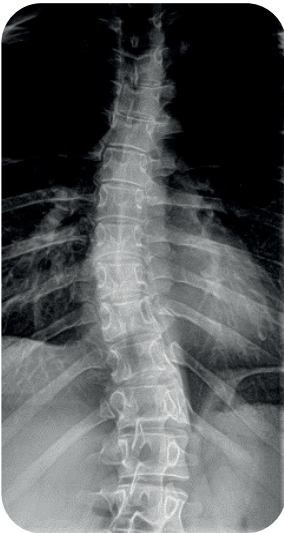
Chiro kids are happy, healthy kids

**True North Chiro is Committed to Helping
Everyday Folks Like You Feel Your Very Best
Every Day!**

WHY X-RAY AN ASYMPTOMATIC (PAIN-FREE) INDIVIDUAL?

Here is an x-ray of a 18 year old female with no pain. She was unaware that her spine was twisted:

- ✓ Making her shorter.
- ✓ Increasing her likelihood to develop Degenerative Joint
- ✓ Disease over her lifetime without proper treatment.



In this case: No amount of pills, stretches, or exercises will keep this from getting worse.

Chiropractic will allow her to live a relatively normal life without the detrimental effects this would typically produce.

What happens if we do nothing?

Thankfully with digital x-ray onsite we can see how her spine is developing & to help prevent her from worsening over her lifetime.

Preventing many issues and saving her from spending thousands extra in the future on surgery, medications, and hospital bills.

DOES AN ADJUSTMENT HURT OR FEEL GOOD?

Typically, if you weren't in pain prior to the adjustment, you won't be after. Some Chiropractic & Decompression patients do experience some mild soreness or minor aches after a visit.

There is little to no pain involved in an adjustment. You may feel pops and cracks, but you should not feel any intense pain.

WHY IS THE SPINE SO IMPORTANT?

To some, Chiropractors are known as Back Doctors, but in reality, we are Nervous System Doctors. The Brain and Spinal Cord (Nervous system) control every Cell, Tissue, Organ and Gland in the body. The Spine just happens to be the portion that protects the Nervous system and provides foundational support.

The Spine is freely movable to allow proper range of motion, that ability to be free movable is where issues can arise from. Pressure being placed on the nerve, disrupting nerve flow/nerve power to the body from the spine or disc itself.

Remove the interference, allow full communication from the brain (immune system) and the body will have the highest potential for healing.

IS CHIROPRACTIC REALLY LIKE DENTISTRY?

A Dentist recommends yearly checkups to ensure proper maintenance.

A Mechanic recommends semi-yearly tune-ups to ensure a properly running vehicle.

Both of these have the ability to have parts replaced.

Teeth can be replaced.

An engine can be replaced.

Your Spine and Nervous System cannot be replaced

It can only be fused which will reduce range of motion, limiting your ability to work or live, or desensitized with drugs.

Not getting the necessary care is essentially taking a sticky note and putting it over the warning light of your car dashboard. Then driving that car for miles and miles as the problem escalates to where a total engine replacement is required. (surgery)

I'VE HEARD THAT ONCE YOU START GOING TO THE CHIROPRACTOR YOU HAVE TO GO FOREVER IS THAT TRUE?

As with all good things, regular maintenance is required for optimal function, recovery, and sustainability. When you go to the gym, you don't stop going once you are fit. You keep going to maintain your fitness.

This same principle applies with your spinal health. Our vehicles get regular maintenance in order to perform at their best, your body is the same way.

Except your body cannot be replaced every 100K miles.



CrossFit Games Winner/ Gym Owner after Dr. Weiss spoke on the importance of taking care of your body to ensure future success.

WHY DOES IT SEEM LIKE CHIROPRACTORS PRACTICE SO DIFFERENTLY?

There are multiple paths to accomplish goals in life. The premise is overall the same in that removing the interference (subluxation) is the goal.

There are multiple different types of lawyers, accountants, medical doctors. All with different approaches and techniques.

Finding the right fit for you and your family is vital, as they can be a resource for your entire family's lives forever!



Chiropractic care is gentle enough for the entire generational track, we love when the whole family goes to the Chiropractor together!

IS CHIROPRACTIC GOOD FOR SENIORS?

Chiropractic is fantastic for Seniors.

- Achesness, Reflux, Pain, Numbness and Tingling,
- Anxiety, Degenerative Disc Disease, and Bulging discs
- All symptoms that have been brought into our office in the past week.

Chiropractic can be tailored to the individual.

- Lighter technique is used if personal preference.
- Medicare benefits are one of the best insurances around.
- Even the government (Medicare insurance) knows that Seniors need care.

SHOULD I GET MY CHILD/INFANT CHECKED BY A CHIROPRACTOR?

Many parents are choosing to be proactive with their children's health.

Understanding the importance of nurturing a growing nervous system!

Chiropractic care is both proactive and preventative when it comes to wellness for kids.

Pediatric adjustments are safe and gentle, using no more pressure than what you would to check the ripeness of a tomato.

Our office focuses on making sure your child has a properly functioning nervous system, creating health right from the beginning of life!

Symptoms that have been brought into our office in the past week:
Colicky, Troubles latching, Constipation, Birth trauma, Bed wetting and Ear infections.



If you want your kids to develop the same issues as you, then leave them at home.

Dr. Weiss specializes in Pediatrics, getting your kids checked to ensure they are not developing abnormally can save you time and money in the future!

SHOULD ATHLETES GO TO A CHIROPRACTOR?

Yes! As we compete, we are putting stress on our bodies that over time need to be addressed so that we can perform at our highest levels.

Small Unaddressed Microtraumas Over Time Create MACROTRAUMAS

All 32 NFL teams have a Chiropractor, that's not a coincidence.



Chiropractic Helps Babe Ruth and Other Yankees Keep in Perfect Physical Condition

Dr. V. J. Foster, D. C., of the New York Yankees, and his team largely responsible for the better physical condition of the team. By applying the principles of Chiropractic, Dr. Foster has secured the services of the team, who are now in the best of health. The results of his treatment with other members of the team have been almost equally remarkable.

IS IT EXPENSIVE?

Compared to what? An emergency room visit at a thousand dollars just for walking through the door? A huge surgery?

Having the ability to live your life with little to no pain, and functioning at your very best is priceless. Ever been congested and all stuffed up?

The entire time you are stuffed up, you constantly think to yourself, I really take for granted when I am not stuffed up and can actually BREATHE.

Your health is the same way, except it's not a simple cold that we are discussing.

YOUR GREATEST WEALTH IS YOUR HEALTH

A million dollars in the bank doesn't matter if you cannot function to enjoy it!

WILL I BE SORE?

You may be a little sore after your first few visits as we begin to retrain your body after years of havoc. Nothing you can't handle, as we continue on, you will become less sore.

HOW SAFE IS CHIROPRACTIC CARE?

A fun fact I tell my patients:

Chiropractors' Malpractice Insurance,

- The insurance needed in case anything happens in the office.
- Is what all healthcare professionals have.

A Chiropractors Malpractice Insurance cost is one of the lowest out of all the professions

- Meaning that the insurance company knows how safe our care is.
- Compared to Dentists, Surgeons, M.D.s, D.O.s and other physicians of the world with higher rates.

If you are nervous about having your neck evaluated and adjusted, you can rest assured that your care can be altered and lighter techniques can be used.

There are many ways to adjust you and we will find a way that you are comfortable with, so that you can enjoy every visit.

Can I Just Walk In?

Yes! Our office does allow walk-ins! (New or Current Patients)

I HAVE BEEN IN A CAR ACCIDENT, WHATS NEXT?

CALL US IMMEDIATELY! YOUR CARE IS COVERED 100%!

Whether it's from hitting a deer, getting rear-ended or side swiped on interstate.

It is vital that care be sought as soon as possible, to ensure that detrimental whiplash effects do not set in and lead to future degenerative joint disease and pain. Ensure that detrimental whiplash effects are not set in that will lead to future degenerative joint disease.

Anyone in the accident can get them evaluated in the office right away. From there, we can get any further testing required through a direct referral if needed. MRI, CT, Casting, NCV, Surgery Etc.

"I'm Fine" - Studies show an impact while traveling as slow as 7 mph can produce whiplash symptoms, those symptoms may not show for months or years. Which may be long after your Insurance claim is closed and you will have to pay for those costs yourself!



Dr. Weiss giving lectures across the country on varying topics to other healthcare professionals!

WHAT ABOUT MASSAGE INSTEAD?

Massage is a wonderful commodity that Dr. Weiss himself uses monthly in addition to his weekly Chiropractic and Decompression sessions.

- Increasing Range of motion, reducing stiffness, it's wonderful.
- But there is no substitute for Chiropractic.
 - Muscles are controlled by the nervous system. Nerves carry electrical signals from the brain and spinal cord to the muscles, telling them when and how strongly to contract. This communication allows the body to control movement, strength, coordination, posture, TONE and balance. Thus pressure on the nervous system will create tight, stiff and sore muscles.

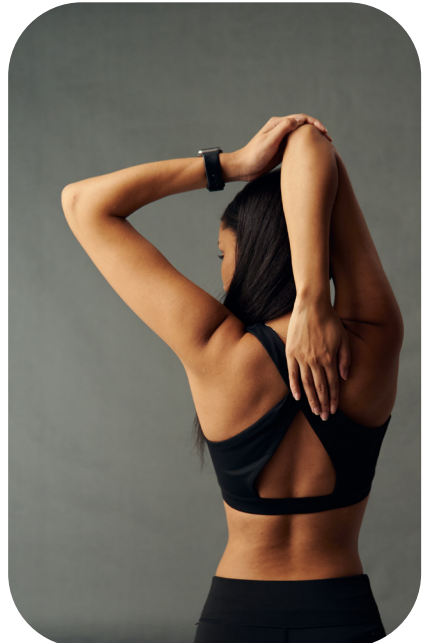
WHAT ABOUT EXERCISES, STRETCHES?

You didn't over or under stretch yourself into your situation, the same with exercise.

Your symptoms are likely the result of cumulative stress and repetitive demands placed on the body over time, eventually exceeding its current tolerance and contributing to the development of pain.

If you are comfortable with your current activities and they do not increase or produce pain, continue with your current routine initially. We will avoid making unnecessary changes during the first few weeks while we monitor your response and progress.

If Dr. Weiss determines that your progress is not occurring at the expected rate, he will reassess your current routine and activity levels and make appropriate recommendations regarding any activities that may need to be modified, reduced,



MY DOCTOR TOLD ME TO AVOID CHIROPRACTIC CARE?

We would suggest you to find a new Doctor. We work with multiple physicians across Thief River Falls area. Whom all agree that Chiropractic care can be useful in majority of situations and always tailored for your specific case!

WHAT ABOUT PAIN MEDICATIONS?

Our goal is to significantly reduce the amount of pain medications taken in the greater Thief River Falls area over the next 100 years. We won't give advice on pain medications that you should or should not take.

ICE OR HEAT?

Tip: A great recommendation after your first appointment, if you need to ice afterwards you may. Dr. Weiss suggests 20 minutes of Ice, followed by 30 minutes of no ice. You may use that sequence as often as you like. For those wanting heat, ensure that ice is the first and last application and as much heat as you would like in between.

BEDS AND PILLOWS?

It is important to find what is comfortable to you, as Chiropractors we are more concerned with your body positioning while you sleep.

For side sleepers:

Head and shoulders perpendicular, the spine should be in straight line. Pillow placed between the knees.

For back sleepers:

A small pillow placed in the middle of the neck to accentuate the correct lordosis curvature of the neck; The back of your head should practically be touching the bed.

For stomach sleepers:

Avoid, if possible, a couple sleepless nights of training your mind and body to handle a different sleeping position can benefit your health for the rest of your life.



HOW LONG DOES IT TAKE TO GET BETTER?

This time period for adults is right around 90 days.

Why 90 days?

It is simply the time it takes for ligaments, tendons, muscles, bones and nerves to heal.

If you sprain an ankle, it takes about 90 days to get better.

The spine works the same way.

WHAT CAN I DO TO GET BETTER FASTER?

One of the most frequently asked questions in the office:

The body heals at the pace it heals.

That being said:

the faster we get these initial visits in, the faster your body will begin to start healing. Therefore, there is no magic exercise or stretch to do. It's a matter of removing the subluxation that has accrued over many years of compounded destruction that we do to our bodies on a daily basis.

Make your visits.

Be seen as often as your schedule allows.



Nathan A. Weiss D.C
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www.truenorthchirocntr.com



SELECTED OCCUPATIONAL HISTORY

Private Practice, Clinic Director, True North Chiropractic Center
2016– Present



EDUCATION AND HISTORY

- **Private Practice, Clinic Director**, True North Chiropractic Center 2016 - Present
- **NWHSU – Doctor of Chiropractic 2011 NWHSU** – Certified in Acupuncture 2011
- **University of North Dakota** – Bachelor of Science 2005
- **Doctor of Chiropractic**, Licensed in the State of Minnesota 2011 –Present



POST- GRADUATE EDUCATION and CERTIFICATIONS

- Harvard Medical School, "Venous Thrombosis" Boston, MA 2013
- Harvard Medical School, "Geriatrics: Osteoporosis" Boston, MA 2013
- Harvard Medical School, "Geriatrics: Pain Management for the Outpatient", Boston, MA 2013
- Harvard Medical School, "Neurology:Neurological Emergencies", Boston, MA 2016
- Harvard Medical School, "Movement Disorders: Current Concepts and Procedures, Boston, MA 2019



SELECTED CURRENT/PAST MEMBERSHIPS

- Minnesota Chiropractic Association
- International Chiropractors Association

5 FACTORS OF HEALTH



FUELING THE BODY



EXERCISE



QUALITY REST



POSITIVE MENTAL ATTITUDE



SOUND NERVE SYSTEM VIA REGULAR CHIROPRACTIC ADJUSTMENTS AND NON-SURGICAL SPINAL DECOMPRESSION TREATMENTS TO PROMOTE FULL POWER FLOWING FROM THE BRAIN, TO EVERY CELL, TISSUE, ORGAN AND GLAND IN THE BODY.



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