



*Symmetry*

**Chiropractic**

A different approach to chiropractic

[WWW.SYMMETRYCHIROPRACTIC.COM](http://WWW.SYMMETRYCHIROPRACTIC.COM)

510.769.0125

**THE MOST TECHNOLOGICALLY ADVANCED PHYSICAL TRAINING EQUIPMENT AVAILABLE TO DATE HAS ARRIVED!**

**Power Plate® therapy is now available at Symmetry Chiropractic. The Power Plate® uses Whole Body Vibration (WBV) principles; thereby engaging the spinal core muscles and the nervous system. Its use helps gain above average improvements in the areas of fitness, rehabilitation and general wellbeing. It has been used by The Russian Space Program to help astronauts stay in space longer without experiencing adverse reactions due to the absence of gravity. Due to such remarkable results in space, Olympic team trainers incorporated Power Plate® training for improved fitness performance and rehabilitating injured joints. Scientists then moved on to study other health benefits and the list of successful applications multiplied. The Power Plate® has been used to treat osteoporosis, osteopenia, balance and equilibrium problems in elderly populations, knee injuries, Multiple Sclerosis, Parkinson's Disease, Sciatica, Arthritis and so much more. There are studies linking its use to cellulite reduction and increases in muscle strength, mass and endurance. Most impressive is its impact on increased bone density! Further, the plate has been shown to immediately improve circulation and help produce endorphins which are responsible for making us feel good.**



**We will be offering its use as an adjunct to Chiropractic treatment and will also offer packages to those who are interested in achieving unparalleled fitness goals. I personally love this machine, and have made it a part of my daily fitness routine. Please take a minute to click on the following link [www.powerplate.com](http://www.powerplate.com) to learn more. Call today for your complimentary Power Plate® consultation!**

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**TESTIMONIAL OF THE MONTH!**

**I have been going to various chiropractors for the past seven years, seeking relief from my chronic and often severe neck pain. Dr. Boyd's use of an array of machines to stretch my neck and massage the adjacent muscles combined with her incredible skill in chiropractic adjustment, resulted in an immense reduction on my pain. Dr. Boyd has been able to consistently 'crack' the part of my neck where the pain was the worst, even though my previous chiropractor couldn't get it to budge. I overheard one of her patients call her a miracle worker, and she certainly has worked miracles for me. She has also provided advice on both changes in my diet and my exercise program to help avoid any further damage to my neck and to avoid the return of pain. Dr. Boyd's personal commitment to being as healthy as possible sets an example that has inspired me and many of her other patients.**



**-Jeff Georgevich**

**[Read more testimonials....](#)**