



A look beneath the surface and what It means for wellness

Chiropractors, like all health professionals, have various ways of gathering and assessing data. Some chiropractors use x-rays and In some settings that Is exactly the right tool, especially when you are looking at bone structure and Integrity. But there are other tools better suited to a wellness practice such as Rooted Chiropractic (as opposed to Illness or Injury). When needed, or upon request, Dr. Abby uses *Insight* scans to assess what Is happening in your body on a the deeper level. The Information received from the *Insight* scans helps Dr. Abby to analyze factors such as neuro-muscular performance, physical and postural stressors and the functional level of the sympathetic and parasympathetic nervous system. This Information, along with the history you provide and what Dr. Abby can feel during her hands-on exam prior to your adjustment, work together to deliver a clearer picture of what Is happening In your body and what Is needed to restore balance.

What's a scan look like? INITIAL EXAM STRESSED FOLLOW UP EXAM HEALTHIER

How can I get a scan?

There are a couple ways to get scans:

- Dr. Abby might suggest a scan
- You can ask for a scan

There are a couple ways to book scans:

- Text (909) 675-6757
- You can book your own scan at https://Rooted.JaneApp.com

*Please note that there are additional fees for scans

