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0 of 0 people found the following review helpful. ExcellentBy Jeremy MontanezI love chiropractic. I've never been lucky enough to see one regularly but with my own research and years of study I know this miracle form of health care works and has changed the lives of so many people in this world. I've suffered at the mercy of mainstream health care my whole life especially getting tolerant to meds such as benzodiazepines which is the worst withdrawling I wouldn't wish on my worst enemy. I hope to one day become a chiropractor because it's the best drugless form of care that truly saves lives. This book is excellent on explaining what chiropractic is and what it can do for you. I advise everyone make a chiropractor there primary care physician if possible and only see mainstream providers in emergency cases.0 of 0 people found the following review helpful. Five StarsBy Laurie S?The perfect waiting room book.1 of 1 people found the following review helpful. Beautiful explanation of Chiropractic Health CareBy mychal beebeThis book very

clearly lays out the difference between an allopathic model of health care and the vitalistic model, without canonizing either. Its a perfect choice for the lay person to understand the innate healing ability of their own body and get some practical tips to make sure their body is functioning to the best of it's ability. One down side is that the author can be a bit redundant at times, but over all a great read!