

Reflux/Unsettled. Failure to gain weight.

Sam was extremely unsettled as a baby, he would cry from one feed until the next with no settled period at all. At six weeks of age and a little frustrated, a friend recommended me to Michael Dunn, the Chiropractor, saying that he has done amazing things with babies. My thoughts...Anything is worth a try!!

From the first adjustment, Sam was more settled and even started to sleep through the night. What a breakthrough!!

Sam failed to gain weight from birth and his immune system was also very low. With regular chiropractic adjustments, Sam is now 19 months and thriving...

Chiropractic has strengthened this once frail little boy.

Learning Difficulties and Co-ordination

I would like to thank Mike Dunn for helping my children gain confidence in themselves. Firstly, Tanya came to you with poor memory retention and in the past 6-8 months her grades have improved remarkably.

Rachael's co-ordination was ordinary to say the least and in this year's netball, she has become the star player of her team and they won the Grand Final. The first time the team has reached that far.

The confidence they both now have is wonderful to see, and our entire family looks forward to their regular visits with Mike.

The Wellness Centre
65 Orchardtown Rd
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Michael Dunn, DC USA

Michael graduated from Palmer College of Chiropractic in Davenport, Iowa, USA. with a Doctor of Chiropractic degree in 1979, moved to Australia at that time and has remained here ever since.



Dr Dunn has served on the Victorian Chiropractic executive.

He has presided as executive director of the Federal Council on Chiropractic Paediatrics and was a principle in the foundation of The Hawthorn Birth and Development Centre– the first Natural Birth Centre established in the Southern Hemisphere.

Dr Dunn has a special interest in Children and family care. Michael has undertaken extensive postgraduate work in Paediatrics, Pregnancy, Craniosacral work, Sacral Occipital technique, Primitive Reflexes and specializes in gentle adjusting techniques.

It is this gentle adjusting procedure coupled with Mike's caring approach which attracts many individuals and families to the Centre looking for Chiropractic care.

Website: www.thewellnesscentre.net.au

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Chiropractic. What Can I Expect?

You will never get healthy by fighting disease. The only way to get healthier is to:

- Provide your body with something it needs but is lacking
- Removing what is toxic



**The
Wellness Centre**

**Michael Dunn
Chiropractor**

Chiropractic Restores Health Naturally.

If you remove all interference to your body's healing abilities (all physical, chemical and emotional stressors) and provide it with the essential natural ingredients for health then health will result.

Your First Visit

The purpose of your initial consultation is to discuss your health goals and see if chiropractic is likely to help you. If it looks promising a thorough examination will help identify the cause of your problem.

Health History

This lets us know what is going on for you as well as any issues or injuries in the past which may be contributing to your current situation. The more information you can provide the better the picture we can build up of your overall health and present complaint.

During a brief conversation and review of your health history we will **determine if you're a good candidate for chiropractic care**. If we don't think we can help, we'll tell you. Also, we have a partnership approach to health and wellness. It's important you're comfortable with the personalities, procedures and policies of our office. The consultation is a great way to find that out.

Second Visit

We study your health history, correlate exam findings and X-Rays if they were ordered, and then make recommendations designed to help you get well and stay well.

First Adjustment

Once it's agreed chiropractic may be helpful in your case it's time for your first adjustment.

It's not necessary to wear special clothing for your adjustments. The more comfortable you are the better.

Our adjusting techniques are specifically gentle and effective, and can be modified to all body types, sensitivities and ages.

Regular Visits

Regular visits are much shorter. You'll only need to allow about 15 minutes but don't think that brevity lessens value. With the groundwork laid we can quickly size up your nerve system and energy levels, adjust you and get you on your way. Just like exercise each visit builds on the one before. Miss a visit and you can lose the momentum necessary to make the needed changes.

How Long do I Need to Come?

You're the boss. How long you benefit from chiropractic is always up to you. How much of a good thing do you want?

Healing has Three Stages of Recovery:

1. Initial Intensive or Symptomatic Care.

The goal at this stage of care is to **help you resolve and manage your symptoms**. This is done by improving the function of your spine and removing interference to your nerve system.

2. Stabilization.

The goal at this stage of care is to **start addressing the underlying cause** of your original problem and enhance your energy flow.

3. Wellness

This is the optimal level of care. The goals at this stage are:

- **the prevention of dis-ease and**
- **maximizing your potential. There's more to life than just coping or getting by!**

Patients under wellness care get adjusted regularly and look for ways to improve their life-style and level of fulfillment.

The length of time you need for each stage depends on how long you've had the problem; how much you help yourself by following recommendations; get proper rest, nutrition and exercise; and have a positive mental attitude.
