

ENHANCING WELLNESS THROUGH MAINTENANCE AND SELF-CARE

The best way to stay healthy is through a combination of diet, exercise and regular chiropractic appointments. Patients who commit to an overall wellness approach and an ongoing level of self-care can prevent healthcare crises.



Dr. Samuels believes in keeping your body in balance through regular chiropractic maintenance appointments versus waiting until you are in an acute situation and in pain. This balanced approach can work to prevent acute episodes of pain.

Additionally, her wellness approach impacts your overall health by allowing you to stay pain-free or limit your pain or discomfort from neck pain, backaches and headaches.

A STRONG REFERRAL SYSTEM

Should you desire additional support, Dr. Samuels will utilize her strong referral system with other medical professionals, including internists, orthopedists, neurologists and dentists, to assist you with your total care. She, in turn, receives local and out-of-state patient referrals.

COST FOR SERVICES

All appointments are 30 minutes in length

CHIROPRACTIC CARE

Initial Exam/Re-evaluation	Based on complexity
Maintenance Appointment	\$70

LASER THERAPY/ULTRASOUND

Individual Session	\$25
(No charge with Chiropractic Appt.)	

NUTRITIONAL COUNSELING/ SUPPLEMENT DIAGNOSIS

Follow-up Consultation	\$50
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ADVANCED BODY CHEMISTRY TESTING

APPLIED KINESIOLOGY

Muscle Testing for Food & Environmental Allergies	\$75
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EGOSCUE METHOD

Initial Evaluation	\$75
Follow-up Session (2 - 8 menus)	\$25

Choosing Self-Care



www.samuelschiropractic.net

ACHIEVING OVERALL WELLNESS

FOR INFORMATION CONTACT

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SAMUELS CHIROPRACTIC
HEALTH CLINIC

www.samuelschiropractic.net

JOINING CHIROPRACTIC WITH OTHER WELLNESS DISCIPLINES

As a practicing Doctor of Chiropractic since 1984, Dr. Carol A. Samuels brings extensive experience and knowledge to her patients. She maintains her expertise through over 2,500 hours of postgraduate courses including physiotherapy, homeopathy, applied kinesiology, low back and cervical disc therapy and extremity adjustments. Dr. Samuels also has completed advanced coursework in x-ray and MRI interpretation. She is certified for the Egoscue Method in postural alignment and Pilates Mat Levels 1 & 2. She has completed over 1,000 hours of acupuncture training and traditional Chinese Medicine.

With a Masters Degree in Nutrition, Dr. Samuels is very qualified to also address your nutritional needs. She understands the role nutrition plays in overall health and uses her knowledge of nutrition and muscular weakness to determine your supplement profile.

Dr. Samuels has a special interest in athletes. Participating in sports her entire life, she understands the extra demands on the body. Mentored by Phillip Maffetone, D.C., Dr. Samuels supports the needs of Ironman endurance athletes and previously was a nutritional consultant for the Diabetes Team training for the Bermuda Marathon. She swims with the Georgia Masters Killer Whales.



Transforming Education and Knowledge into Healing

DR. CAROL A. SAMUELS

YOUR CHIROPRACTIC CARE

Dr. Samuels uses the percussor, an osteopathic tool, for soft tissue rehabilitation and to reduce the restrictions deep in the muscle, bone, and organs. She performs traction with a state-of-the-art lumbar distraction Cox® table, separating the lumbar discs for immediate relief. As a low back and cervical disc specialist, Dr. Samuels' goal is to stabilize the spine and muscles through a regular maintenance wellness program.

LASER THERAPY

Laser therapy combines low energy laser and infrared light to accelerate cell repair and stimulate the immune, lymphatic and vascular systems. Using this equipment, Dr. Samuels helps patients gain relief from arthritis, lower back and neck pain, repetitive stress injuries, tendonitis, fibromyalgia, sinus pressure and pain, carpal tunnel, TMJ and soft tissue injuries. Acupuncture points can be treated to stimulate musculoskeletal conditions and aid in healing.

ULTRASOUND REHABILITATION

Ultrasound effectively focuses on scar tissue prevention and the deep healing of tendons, such as with tennis elbow and planter fasciitis.

EGOSCUE METHOD

This nationally recognized approach to pain control is based on evaluating and restoring posture through a selection of exercises in a sequence or menu. Dr. Samuels will perform an initial evaluation and create a customized series that most patients will complete in four to six menus. This approach can compliment chiropractic care by helping your body re-establish and realign its musculo-skeletal system.



NUTRITIONAL COUNSELING

Dr. Samuels closely follows studies and the latest research for disease prevention and management. Her office carries products not available in traditional health or nutrition shops. She chooses these manufacturers since they "standardize" their ingredients: Nutri-West, Standard Process®, Metagenics®, Biotics and Pure Encapsulations. She also offers nutritional testing through Body Chemistry Diagnostics.

APPLIED KINESIOLOGY/MUSCLE TESTING

Applied Kinesiology uses muscle resistance testing to evaluate structural and chemical imbalances including food sensitivities and allergies. It also helps to identify the cause of migraine headaches, skin rashes, ear infections, arthritis, gastrointestinal complaints, inflammation and fatigue. Stimulating reflexes on the body relax and restore muscle and organ system balance.