

"The Day My Life Was Changed..."

And what you should know about it...

You may be curious why we are sharing our family picture with all of you. The best way to answer the question is by telling you our story. First of all, let me introduce myself...I am Dr. Stephen Totin and this is my family. My wife, Jennifer (Mauriello) and our children, Ashley and Alex.

Let me tell you a little about myself and the reason why I became a Chiropractor.

The story began when I was about 16 years old. While playing high school football I suffered a serious neck injury. I was told by my medical doctor that I would likely have to live with my pain and would never be able to excel at sports again. This was a crushing blow because I loved playing sports! Luckily for me my aunt was a chiropractor. Soon I was not only playing sports again but went on to play in high school and in college. That experience left a lasting impression on me. I knew then that I wanted to be a Chiropractic Physician.

I have been very fortunate during my career as a Chiropractor to have the opportunity to help so many people. *Daily in my practice, we see patients with conditions like low back pain, sciatic pain, headaches fibromyalgia, arthritis, sports injuries, shoulder and arm pain, children with colic and ear aches and even pregnant women, just to name a few.* We also see many patients whom have been unable to find relief from their symptoms through traditional treatment methods. Being a Doctor of Chiropractic has been quite a life-changing experience because I get the chance to witness the miracles of the human body on a daily basis. I have had patients cry when they tell me about suffering years with chronic pain only now to feel relief after their adjustments. After my experience, I've assisted other athletes improve their physical performance through Chiropractic care. These are great stories,

aren't they? The world is filled with endless accounts of how Chiropractic care has changed people's lives. Do I have a great job or what!

So, why have you not been to a Chiropractor? There are usually two responses to that question...First "I didn't know they could help me." My thought is this...Chiropractic care is the largest alternative health care profession in the



world today. Research has proven its effectiveness as one of the safest forms of health care available. And it all takes place without drugs or invasive surgery. Chiropractic care looks for the cause of your problems rather than just treating symptoms.

Second, "Once you go, they want you to come back forever." Not true, each patient receives an individualized care plan with a clear end in sight. Periodic care is **your** decision, like getting your teeth cleaned or your motor oil changed.

Now for the rest of my family. My wife, Jennifer is also a long-time Chiropractic patient. She experienced two wonderful pregnancies, we believe, because she was adjusted on a regular basis. My daughter Ashley and son Alex get really excited when "daddy" gets ready to adjust them. I know their health will be far better than mine as they grow up.

Chiropractic has changed my life and has helped my family in so many ways. **As our gift to the community,** we would like to offer an opportunity so that more people can afford the care they need. Here is our offer to you...**When you bring this article into my office,** you will receive your first day services for only \$19. This will include a personal consultation, orthopedic and neurological exam, and a complete report of our findings (usually a total of \$150 or more). I will discuss further care with you and together we will agree upon your future treatment. Further care, if deemed necessary, **is very affordable. I promise to provide you the highest quality of health care available at a very reasonable fee.** My desire is this – to help more people experience the wonderful benefits of chiropractic care. I hope this offer will help.

To take advantage of our offer, simply call our office at 908-233-3993 and schedule your appointment today. Who knows, maybe chiropractic will change your life too!

Yours in good health,

Dr. Stephen Totin



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