

The Doctor's Book of Home Chiropractic

Karl V. Holmquist

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Karl V. Holmquist : The Doctor's Book of Home Chiropractic before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Doctor's Book of Home Chiropractic:

Chiropractic treatment is increasingly appreciated by both patients and physicians, but, unfortunately, is still not covered by the majority of health insurance plans. In an effort to make chiropractic treatment accessible to anyone who needs it, Licensed Chiropractor, Dr. Karl V. Holmquist offers his 194 page "Doctor's Book of Home Chiropractic." "Home Chiropractic" brings to the public a way to attain and maintain better health through an understanding of chiropractic principles and how they can be applied in the home. Dr. Holmquist offers simple-to-follow, step-by-step demonstrations, diagrams, and explanations of cervical, thoracic, and lumbar-pelvic techniques easily applied at home. To quote Dr. Holmquist, both resources are primarily designed to "...provide a way for the lay person to accept responsibility in a reasonable manner for his own spinal health and that of his family." Additionally, Dr. Holmquist provides self-adjusting techniques for singles. In "Home Chiropractic" Dr. Holmquist begins with an explanation of the philosophy, science and art of chiropractic and moves into a clearly written and demonstrated review of an understanding of the basic anatomy of the spine. Once readers and viewers have an understanding of these basics, Dr. Holmquist begins the process of teaching the application of spinal correction techniques, giving good guidelines on how to adjust your family members. "Home Chiropractic" offers an opportunity to experience the health benefits of chiropractic treatment without costs that are normally generated. Take advantage of Dr. Holmquist's years

of experience and learn how easily his techniques can be applied in the home.