

Serving our community to restore and maintain balance and resilient health with personalized chiropractic care and nutritional support, one person at a time.



OUR OFFICE

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OUR HOURS

Monday, Tuesday, Thursday, Friday

8 a.m. to 5:30 p.m.

Saturday

8 a.m. to 10 a.m.

OUR APPROACH TO HEALTHCARE



*Helping You Have A
Balanced Life*

ABOUT US

Focusing on family wellness and preventative care, injury rehabilitation, and pain management, We work with you as a partner in your health care.

We want to help our community to restore and maintain balance and resilient health, with personalized chiropractic care and nutritional support.

We offer many different chiropractic and nutritional techniques to achieve our goals, and personalize your care and utilize the appropriate technique for your individual needs.

PROVIDING
CHIROPRACTIC CARE
FOR OVER 30 YEARS.

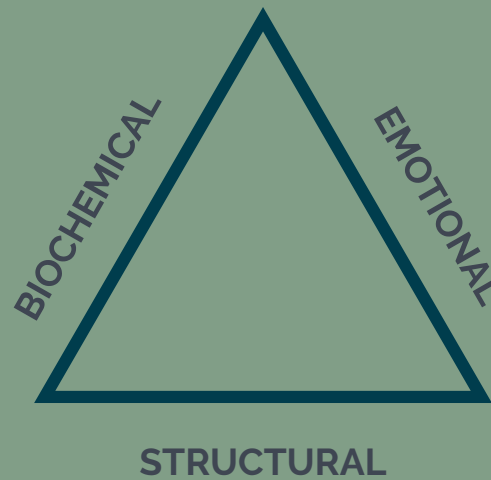
SPINAL CARE

Active vs. Passive Care

Our approach to back problems differs from traditional chiropractic care. Most people with back and neck problems are on a pain merry-go-round. That is, they have pain that comes and goes most of their lives and they're treated again and again for pain. Our goal is to use a functional exam to find a person's weak links or areas of vulnerability that allow the dysfunction to perpetuate.

The second step involves Active-care approach to eliminate the areas of vulnerability—not simply treating pain—and encourage patient independence. When we merely use a Passive-care approach to treat pain, we become ticking time bombs just waiting for the next opportunity to go off.

Our first obligation is to explain your condition in a way that makes sense to you and then get you up to speed in your recovery by giving you the tools (education and home- work) to become independent as quickly as possible.



HEALTH

Our health can be compared to a triangle: each side of the triangle directly influences the other two sides. We are healthy when our structural, biochemical, and emotional aspects are harmoniously balanced.

The structural side of the triangle is affected by acute injury, trauma, or spinal vertebra out of normal alignment, which can irritate the adjacent spinal nerves that carry the signals from the brain to every part of the body, resulting in diminished nerve and organ function.

TECHNIQUES

We use Gonstead, Activator and diversified techniques for manipulation of the spine for restoring normal motion in the spine and restoring nerve function to allow the body to work at its highest potential.

Clinical research has greatly advanced our understanding of body chemistry and how it's affected by the foods we eat, exposure to toxic pollution and allergies.

We have several methods of evaluating the biochemical side of the triangle. We use nutrition herbs, homeopathy, protomorphogens, and phytochemicals to help bring the body back to a state of balance and health.

To address the emotional side of the triad of health, we use muscle testing to identify any neuro-emotional components that may be blocking our return to health and well being and adjust the spine to remove those blocks.