



Welcome to Kinat Family Chiropractic. I have practised in Guelph for just over 30 years, after attending the University of Waterloo and National College of Chiropractic in Chicago, Illinois, completing my Bachelor of Science in human biology and Doctor of Chiropractic degrees. I am very proud to be serving three generations of patients who are like our extended family. This keeps our practise very fun and lively!

Our adult patients have had excellent natural results with neck, mid and lower back conditions, migraine and tension headaches, sciatica, arm and leg numbness and tingling. We also treat shoulder, elbow, knee and ankle issues. Chiropractic is more than just treating musculoskeletal conditions as the nervous system, if compromised affects your entire internal body which for example can contribute to respiratory and digestive complaints which can respond well to Chiropractic adjustments. Our office is also usually filled with infants and children being treated for prevention of ear infections, asthma, constipation, bedwetting and general sprains and strains from school and sports but also regular spinal maintenance care to keep their immune systems healthy and strong. Our children's playroom is full of toys and each child always receives a gift from our treasure chest.

I adjust the vertebral subluxations of the spine using several techniques, each unique to the individual patient and their condition. They include manual adjustment, drop table, activator, but most recently the most advanced scientific technique in Chiropractic, the Impulse I.Q. adjusting instrument. The computerized technology controls the force and angle of the thrust and gives very accurate feed-back to both the doctor and patient. I have received some of the best results ever with this very gentle and safe technique. Patients are amazed at this new technology. We also offer custom orthotics and massage therapy.

Whether you are a new patient to Chiropractic or a former patient you will receive a complimentary consultation and exam which may include x-rays if warranted. We refer x-rays to nearby labs where the

cost is covered by your OHIP and our fee is a nominal reading charge making your first visit very affordable and uncomplicated. You can even print off and fill out your initial confidential history forms before you arrive.

Your treatment protocol will be tailored to first address your symptoms leading to maintenance care to help you lead a long and healthy life. Come experience the Kinat Family Chiropractic difference. We really look forward to meeting your family!

We Listen, **You** Heal

Yours in Health,

Dr. Kim Carl Kinat, BSc.,D.C.