



Family wellness  
starts here.

## WHY I BECAME A CHIROPRACTOR

Hello, I'm Dr. Ron McAlister and I'm very proud to be part of the Chiropractic First Team to help serve you with the best corrective chiropractic care. I have been a family wellness Doctor of Chiropractic for over 20 years specializing in corrective spinal care.

After attending Milton High School, I entered McMaster University and graduated with a Bachelor of Science in Biochemistry. Graduating from Canadian Memorial Chiropractic College in 1991, I began practicing chiropractic in Oakville.

Until recently moving to Burlington, I enjoyed living in Oakville along with my wife, Connie, and our two children, Daniel (18 y.o.a.) and Katherine (16 y.o.a.) who attended Heritage Glen Public School. My wife Connie, a kindergarten teacher, taught in Oakville at Pilgrim Wood, Oakwood and Chisholm Public Schools.



I had learned in high school how important the brain and nervous system was in controlling the function of every cell, tissue and organ in the body. However, no one had told me how nerve interference from misaligned vertebrae (subluxations) could lead to decreased function, symptoms and eventually health problems.

By the time I went to see a chiropractor for the first time, I was 21 years of age. It was for a preventative check-up. I was not experiencing any pain or symptoms. I was shocked by the amount of damage I had already accumulated in my spine through what I perceived to be normal bumps and bruises of childhood.

Thanks to a great chiropractor, I experienced my first chiropractic adjustment. It made sense to me. If I had a physical problem like a stone in my shoe, I wouldn't think of taking a pain killer or an anti-inflammatory, I would take the stone out!

Although pain and inflammation goes away, more importantly, adjustments stop and prevent the accumulation of permanent damage – arthritis – that chokes nerves and puts dangerous pressure on the spinal cord.

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I had found my career path! I completed my last year in Biochemistry at McMaster University, and then went to chiropractic college.

I learned how gentle chiropractic adjustments could not only relieve neck pain and back pain but have a profound effect on quality of life. Research was showing that chiropractic care could help many other health conditions like headaches, vertigo, asthma, digestive problems (e.g. irritable bowel, Crohn's Disease), high blood pressure, and poor immune function (e.g. AIDS). Research studies also showed that children benefited from chiropractic adjustments in the relief of infantile colic and frequent ear infections.

After graduating and beginning to practice as a chiropractor in 1991, I began to see these "Miracles" with the families that I was adjusting.

The "Miracles" of chiropractic are what we expect when we understand how the body functions. Doctors of Chiropractic are the only health care providers trained to detect and correct subluxations. When nerve interference is removed and normal function is restored to the cells, tissue and organs of your body, you heal!

After over 20 years in practice, and helping 1,000's of families achieve greater health, vitality and quality of life, I am thankful that I was able to find such a rewarding profession!

If someone you know has not recently had a spinal check-up, I encourage you to give us a call to see how we can help.

Call today and find out how chiropractic can help you and your family optimize your health and wellbeing and live to your full potential!

God bless,  
Dr. Ron McAlister