



WELCOME TO KB CHIROPRACTIC

Prepared Exclusively For:

**“The Doctor of
the future will
give no
medicine but
will interest
his patients in
the care of the
human frame,
in diet and the
cause and
prevention
of disease.”**

○ ***Thomas Edison***

**INNATE
EMPOWERMENT
DR. KERI BUNBURY**

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MEET THE DOCTOR DR. KERI BUNBURY



EDUCATION:

- Palmer College of Chiropractic – Doctorate
- Columbia University – BS Pre-Medicine
- Columbia-Greene College – AS Exercise Physiology

LICENSURE:

- Nationally and NY State Certified Doctor of Chiropractic
- Carpel Tunnel Syndrome and Cumulative Trauma Disorders
- Certified Athletic Trainer by the International Sports and Science Association
 - Certified Rock-Doc-Kinesiology PMT FMT 1&2
- Works with Everyone from Olympic to Student Athletes on Performance Enhancement
 - Certified Sports Physician

FACT: Chiropractic College has more hours of classroom education than medical college (4,800 hours VS 4,667 hours.) Chiropractic students on average receive 200 more hours in anatomy and 60 hours more of physiology than medical students!

KIDS:

Benefits of Chiropractic Care on Children:

1. To promote proper growth and development
2. To allow a child's nervous system and spine to grow optimally and without interference
3. To improve a child's immune system and digestive health
4. To improve a child's sleeping patterns.
5. To limit colic and constipation



Pregnancy:

Benefits to Chiropractic Care While Pregnant:

1. Maintaining a Healthier Pregnancy
2. Controlling Symptoms of Nausea
3. Reducing the Time of Labor and Delivery
4. Relieving Back, Neck and Joint Pain
5. Preventing a Potential Cesarean Delivery

WELLNESS AROUND THE WORLD WITH
CHIROPRACTIC



INNATE INTELLIGENCE:

Innate intelligence is the inborn wisdom of the body, or the intelligence that allows your body to constantly adapt to our ever-changing environments. This intelligence knows how to digest your food after you've eaten - without you having to think about it, heals the cut on your finger, beats your heart, or kicks your immune system into high-gear when it is being invaded by bacteria that you just inhaled, etc. This innate intelligence is everywhere in your body and is generated by your brain and communicated out to every muscle, gland, organ and cell in your body via the spinal nerves.

Chiropractors are the only doctors, as a profession, who recognize that the human body has this intelligence and work on and with the body so that it can fully express this intelligence to function as close to 100% as possible.

HOW THE BODY WORKS:

Your nervous system is the master control system of your body and is made up of your brain, spinal cord, and spinal nerves. Your brain is the power source and control center of every function in your body. Your brain sends 100% of your body's information and energy down your spinal cord first. Your spine is protected by 24 moveable vertebrae and the spinal nerves exit between each vertebrae and go out to deliver the messages sent from the brain to each muscle, gland, organ, and cell in your body. If there is no interference to your brain, spinal cord and spinal nerves, your body can function at its optimum level.

HOW CHIROPRACTIC WORKS:

Chiropractic is the only healing profession in the world that recognizes that your body has the ability to function at its optimum level, if there is no interference to the master system, the nervous system. As a chiropractor, it is my job to locate, analyze and remove any interference to the nervous system.

These blockages or misalignments are called *vertebral subluxations*. When a spinal nerve is being chocked because of a vertebral subluxation, the muscle, organ, or gland that it is attached to can only receive 40% of the information that the brain is trying to send to it.

SYMPTOMS:

Most people judge their health on symptoms. Unfortunately, symptoms are the last sign your body gives you to tell you that something is wrong. Therefore, waiting for symptoms to appear is the worst way to take care of yourself. Chiropractic care allows your body to function at its highest level and can prevent problems from developing in the first place.

“A body that is free of nerve interference has more power to heal, think, and metabolize 90% of the stimulation and nutrition to the brain is generated by movement of the spine.” -Dr. Roger

WHAT WE DON'T DO:

As a Chiropractor, it is not my job to treat your symptoms or relieve them. That is what medicine is for. My job is to find and correct the exact spinal/ health problem that is causing your symptoms. Once I do, I can correct the problem, much like orthodontic braces do for crooked teeth. Like braces, spinal correction and healing takes time!

WHAT YOU CAN EXPECT FROM US:

By choosing our office, you can expect to receive the highest level of professional care, service, respect, and attention. We want to create an extremely warm “family like” environment. We welcome you to our family!

If you are interested in correcting your spinal/health problem, you will receive a detailed Chiropractic Corrective Care Plan that will describe for you in detail the exact course of care needed to correct your spinal/health problem. Your first two visits give us the necessary information needed to assess the severity of your spinal/ health problem. By reviewing your orthopedic, neurologic, and spinal examination findings, x-rays, personal history, and first adjustment results, we will be able to determine exactly what you will need. You will never be “in the dark” about any aspect of your care or our relationship.

YOUR FIRST ADJUSTMENT:

FIRST 72 HOURS:

There is a good chance that you will feel a little stiff after your first few adjustments. Your muscles, ligaments, tendons, and joints are used to being in a different position and suddenly, they have been moved slightly. This is normal! Once your spine and soft tissue start getting accustomed to the new, corrected position, the stiffness will go away (most of the time.)

ACTIVITY: At first take it easy and try to avoid any straining. Feel free to ask about exercises and any strenuous activity, but for the first couple of weeks, just relax.

ICE PACKS: Rather than taking medication, use ice to reduce inflammation. Use on the affected area for about 20 minutes every hour. This should help, not hurt.

SMOKING: Remember smoking reduces capillary blood flow. We advise you not to smoke at all or to start to cut down to accelerate the healing process.

ALCOHOL: Alcohol dilates the blood vessels and could increase swelling.

YOUR APPOINTMENT SCHEDULE:

It is very important that you follow the schedule of appointments we establish for you. Your Corrective Care Plan is designed to correct the CAUSE of your problem and not just RELIEVE your symptoms. If you can't make your appointment, please reschedule for your missed appointment.

nutrition
the right balance of real foods



COMBINING FOODS:

Certain foods don't digest well together. Use the following rule for food consumption.

Proteins require acidic gastric juices when starches require basic PH levels. Therefore starches (breads, pastas and potatoes) and proteins should be eaten at separate meals. You should decide whether your meal is a protein or starch meal and then combine with a vegetable.

MORNING:

Fresh Fruit | Fresh Vegetables | Nuts | Oatmeal | Fresh Juices | Legume

AFTERNOON:

Garlic | Onions | Salad | Fruit Salad | No Bread | Little Dairy | No Additives

STOP OVEREATING

SNACKING:

Nuts | Pretzels | Seeds | Raisins | Natural Desserts | Dry Cereal

RULES:

- Eat small meals throughout the day (about 6), unless you are doing intermittent fasting
- Eat slowly and chew your food well
- Only eat when you're hungry
- Eat dairy, saturated fats, and foods high in cholesterol sparingly, unless using a specialized diet
- Limit the amount of canned or processed foods



Vitamin B Complex

Thiamine | Riboflavin | Niacin | Pantothenic Acid | Pyridoxine | Biotin | Folic Acid | Cobalamin

Vitamin B Helps prevent infections and helps support or promote:

- * Growth of Red Blood Cells
- * Energy Levels
- * Hormones and Cholesterol Production
- * Healthy Brain Function
- * Good Digestion
- * Proper Nerve Function
- * Cardiovascular Health
- * Muscle Tone

VITAMIN C

Vitamin C, also known as ascorbic acid, is a water-soluble nutrient found in some foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy.

Vitamin C helps support or prevent:

- * Strong Antioxidant
- * Reduce High Blood Pressure
- * Lowers Heart Disease Risks
- * Prevents Iron Deficiencies

CALCIUM

Calcium is a chemical element that is essential for living organisms, including humans. It is the most abundant mineral in the body and vital for good health. We need to consume a certain amount of calcium to build and maintain strong bones and healthy communication between the brain and other parts of the body.

Calcium helps support:

- * Bone Health
- * Muscle Contraction
- * Blood Clotting
- * Co-Factor for Enzymes

POTASSIUM

Potassium is a mineral that's found in the foods you eat. It is also an electrolyte. Electrolytes conduct electrical impulses throughout the body.

Potassium assists essential body functions such as:

- * Blood Pressure
- * Nerve Impulses
- * Muscle Contractions
- * Digestion
- * Heart Rhythm
- * PH Balance

Potassium isn't produced naturally by the body, so it's important to consume the right balance of potassium-rich foods and beverages.

- * Whole Grains
- * Nuts
- * Lean Meats
- * Vegetables
- * Beans
- * Fruits

MAGNESIUM

Magnesium is a mineral that's crucial to the body's function. Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady.

Experts say that many people in the U.S. aren't eating enough foods with magnesium. Adults who consume less than the recommended amount of magnesium are more likely to have elevated inflammation markers. Inflammation, in turn, has been associated with major health conditions such as heart disease, diabetes, and certain cancers. Also, low magnesium appears to be a risk factor for osteoporosis. There's some evidence that eating foods high in magnesium and other minerals can help prevent high blood pressure in people with prehypertension.

Intravenous or injected magnesium is used to treat other conditions, such as eclampsia during pregnancy and severe asthma attacks. Magnesium is also the main ingredient in many antacids and laxatives.

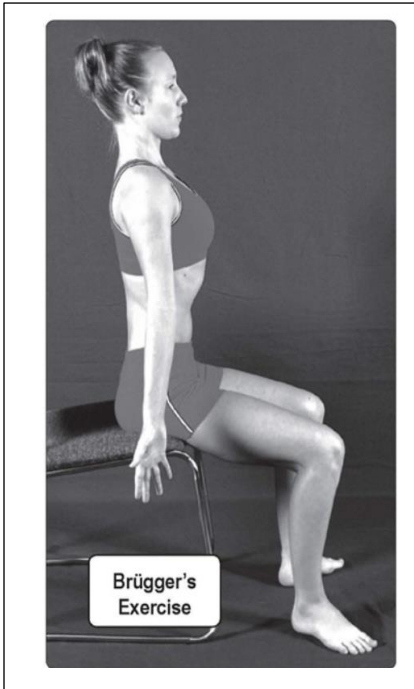


FOODS THAT ARE HIGH IN MAGNESIUM



Dark Chocolate | Avocados | Nuts | Legumes | Tofu | Seeds |
Whole Grains | Fatty Fish | Bananas | Leafy Greens

STRETCH AT YOUR DESK



1. Patients perform exercises once or twice for every 20-30 minutes of prolonged sitting; position held for 30-60 seconds
2. While sitting at the chair the patient pushes away from their desk and
 - Sits at the edge of their chair with their feet slightly farther apart than their hips and turns their feet out slightly
 - Tuck chin in slightly and breathe through the abdomen
 - Slowly exhale actively by blowing the breath out through their lips while rotating their arms laterally and spread fingers
 - Lift sternum slightly and pull shoulders back
 - This movement can also include the lower body prior to sitting by having the patient contracting gluteal muscles together and stabilizing core muscle as they move into seated position
 - Some clinicians describe it as if there are strings pulling the patients neck up, shoulders back and sternum forward

MYOFASCIAL

Myofascial pain is pain in the muscles. When you break down the word, “myo” means muscle and “fascia” refers to the connective tissue that is interwoven throughout the body. The pain originates in specific trigger points that are in the muscles and fascia at various areas of the body. The pain can range in intensity from mild and annoying to severe and debilitating.

Chiropractic care is often a preferred treatment for myofascial pain due to its effectiveness and drug free approach. Patients who undergo treatment will usually experience a dramatic decrease in their pain level or it will be eliminated altogether. Patients also enjoy increased strength, flexibility, and range of motion. With continued chiropractic care, patients find that they have more endurance for work and recreational activities and even sleep better. Overall, chiropractic can give patients with myofascial pain a better quality of life with decreased incidence of injury. They are often able to lower their pain medication or eliminate it altogether.

ASK US ABOUT HOW WE USE ROCKTAPE TO HELP TREAT MYOFASCIAL PAIN!

RockTape is kinesiology tape. It can be used to treat sports and non-sport injuries. RockTape microscopically lifts the skin away from the muscle and fascia below, creating a decompressive effect. More specifically it runs interference on pain and painful signals which are directed to the brain.

FOAM ROLLING ALSO HELPS WITH MYOFASCIAL RELEASE

OUR PRODUCTS



AdvoCare is a combined supplement and nutrition program made to give your body the help it needs to make goals more easily attainable. AdvoCare provides for everyone by making several different lines of products such as; weight management, energy, wellness, and overall body composition.

24 DAY CHALLENGE

- **CLEANSE PHASE:** (days 1-10) In order to maintain a healthy body, nutrients such as carbohydrates, proteins, fats, vitamins and minerals must be properly absorbed. The combination of the AdvoCare products, a healthy diet and exercise, will help to get rid of waste, and help your body to absorb these nutrients. This is done without drastically reducing calories, or consuming only liquids to easily adapt to a healthier lifestyle.
- **MAX PHASE:** (days 11-24) This phase is about fueling your body to achieve maximum result. The AdvoCare products in this phase work together to provide you with sustained energy, appetite control, core nutrition, and overall wellness.



FOR MORE INFORMATION VISIT WWW.ADVOCARE.COM OR ASK DR. KERI

WE ALSO SELL:

BIOFREEZE | TENS UNITS | PILLOWS | ICEPACKS | ROCKSAUCE

PAYMENT POLICY

Our policy is to accept cases based on our ability to correct your spinal/health problem, and your commitment to want to correct it. *We do not base your care on your financial position or what your insurance company will pay.* There is always a solution, we are a team!

We do not participate in many of the HMO'S and PPO'S because they are restrictive and do not allow their patients to receive the care they need. We do not treat insurance companies we treat people.

We run a zero-balance clinic. This means that payment is expected when services are rendered. Patients are also responsible for providing updated insurance cards and ID numbers when they receive them.

INSURANCES WE ACCEPT:

Empire BCBS | BCBS of North Eastern New York | CDPHP | Medicare | American Specialty Health | Landmark | Magnacare | Pomco | No fault | Personal Injury | United Health Care (as a secondary) | AARP (as a secondary)

INSURANCES WE DO NOT ACCEPT:

Workers Compensation | NYSHIP | Medicaid | Fidelis | Cigna