



Are you
looking for a
better quality
of life for you
and your
family?

Vancouver's **Pediatric** & Family Wellness Chiropractor

- A special place for health & healing

Are you a discerning person? Do you accept mediocrity or do you seek out the best for your family? In our office, we truly believe that healthier people create a healthier planet, and it starts with us. Health is how you think, react and adapt to the world. It's your energy level, 'alive-ness' and your attitude towards life.

What is Dr. Sabrina Chen-See like as a chiropractor?

Going the Extra Mile... and then some.

As a teenager, Dr. Sabrina was very much a dedicated athlete. She would routinely run 40 km a week while training for track and cross-country running... in addition to team practices. Even now, when it comes to humanitarian efforts, she doesn't hesitate to collect over 2000lbs of food for the food bank or personally bake 700 cupcakes for kids on a First Nations Reserve.

Head, Heart and Hands working together.

Dr. Sabrina loves this quote from St. Francis of Assisi:

"He who works with his hands is a labourer.

He who works with his hands and his head is a craftsman.

He who works with his hands, his head and his heart is an artist".

You only have to see the works of beauty (like the painting on the right) Dr. Sabrina makes with her hands to imagine how she might be with something as precious as a person's spine and health. Whether its cake decorating, painting, sculpting, carving or adjusting the spine, Dr. Sabrina uses skill, finesse and love in all she does. When you're in Dr. Sabrina's hands, you're in the hands of an artist.

Fierce commitment to what matters the most.

Dr. Sabrina is a devoted mother to her two sons, Nicholas and Logan. Their health, well-being and physical, mental, emotional and social developments are prime concerns. She understands other parents who are also fiercely committed to giving their kids the best chance at succeeding in life.



The people we love to serve the most are people who place health as a high priority and appreciate what makes us special. We love our patients and celebrate their successes, big and small. Whether you're a professional athlete, CEO, retiree, mom, musician, baby or child with developmental delays, we want you to feel welcome and cared for in our office. We encourage you to get to know us better by checking out our website, reading some of Dr. Sabrina's articles or calling for a free consultation in our office!

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The Most Intriguing and Overlooked Concept About Health

By Dr. Sabrina Chen-See

Everyone's looking for the simple answer... a shortcut to health. "Just take this supplement!" "Just do this 7-minute exercise!" "Trick your mind." "Trick your body." This era of instant gratification and short term results overlooks a very timeless concept- that you must learn history in order not to repeat it. How does that relate to health?

Many people have a short-sighted view on health. What they focus on is the pain or symptoms on hand. The causes, they assume, are within the recent past. If one is not experiencing symptoms, then their health is seemingly unlimited, capable of handling all sorts of abuse or mistreatment, like sleep deprivation, junk food, poor posture, weekend warrior, negative thoughts, etc.

Our bodies contain wisdom, an innate intelligence that spans many generations in our cells and in our DNA. Our bodies remember every twisted ankle, every bump to the head, every viral infection and every emotional hurt we've had, even what our moms experienced while we were in the womb. Throughout our lives, we evolve and adapt to joys and stresses in life. Uncorrected injuries and compensations from them build up over time like layers of an onion. Our bodies are so good at compensating, that we may not notice the higher shoulder, the wincing when going down stairs, avoiding certain sports or activities, the heartburn, gradual bloating, etc. We get used to them or hear "don't we all get that?"

In children, these signs are even more subtle. It's hard to recognize that the fussiness, mood swings, gas, lack of focus, clinginess, slow development in some areas, outbursts, sluggishness or "No's," might be a reaction to some discomfort versus their inborn personality. Addressing the symptoms only (pain in adults, behaviour in kids) often ignores underlying issues.

Have you ever wondered "Why is this happening to my child?" or "Why am I still having trouble with _____?" or "How did I get this way?" If the answer isn't readily apparent, it's because the cause is not so straight forward. Congratulations! You're complicated! The symptoms you're experiencing are not from a single injury, but from the accumulation of uncorrected injuries, large and small. You've developed compensations and maladaptive patterns in response to those injuries. When it comes to kids, illnesses can range from invisible to obvious, such as personality changes, hypersensitivity, difficulty concentrating, digestive issues or immune disorders. Over time, layers of spinal injury add up. Some people live in constant physical, mental, emotional or chemical stress and it can be overwhelming.

If your child is lagging behind others, or not reaching their fullest potential, then chances are, your child is already dealing with multiple layers of injury. Are layers of spinal injury affecting your child's (or your) ability to adapt and enjoy life? If you're ready to take the next step (evaluation, correcting the problems), please give us a call at **(604) 566-9088**.

Find Out How Your Family's Quality of Life Could be Improved!

Name _____

Phone _____

Email _____

For each family member, check a box if the statement applies.

Family Member 1 _____ (name) _____ (age)

2 _____ (name) _____ (age)

3 _____ (name) _____ (age)

4 _____ (name) _____ (age)

5 _____ (name) _____ (age)

**Health is more than the
ABSENCE of illness. Health is
the PRESENCE of aliveness,
energy and joy!
Is true health a priority for you
& your family?**

Musculoskeletal signs of stress

Family Member

1 2 3 4 5

- ☐ ☐ ☐ ☐ 1) I am heavily involved with a sport/athletic activity.
- ☐ ☐ ☐ ☐ 2) I am experiencing pain in my neck, back or joints.
- ☐ ☐ ☐ ☐ 3) I have a tendency to be clumsy or lose my balance.
- ☐ ☐ ☐ ☐ 4) I have a lot of repetitive stress in my work, sports or activities.
- ☐ ☐ ☐ ☐ 5) I spend over 3 hours a day with a screen (TV, computer, iPad, phone)
- ☐ ☐ ☐ ☐ 6) I am known to have poor posture.
- ☐ ☐ ☐ ☐ 7) I am frequently achy in the morning or end of day.
- ☐ ☐ ☐ ☐ 8) I am growing rapidly and going through developmental changes.
- ☐ ☐ ☐ ☐ 9) I have been injured from a fall, collision or impact.
- ☐ ☐ ☐ ☐ 10) I want to improve my strength, endurance, flexibility, agility.

Visceral (Organ –based) signs of stress

Family Member

1 2 3 4 5

- ☐ ☐ ☐ ☐ 1) I have a sensitive stomach and digestive issues.
- ☐ ☐ ☐ ☐ 2) My hormones are out of balance.
- ☐ ☐ ☐ ☐ 3) I get short of breath easily.
- ☐ ☐ ☐ ☐ 4) I can't seem to get a good night's sleep
- ☐ ☐ ☐ ☐ 5) I have trouble keeping a healthy weight.
- ☐ ☐ ☐ ☐ 6) I get sick more than twice per year.
- ☐ ☐ ☐ ☐ 7) I feel cold easily or have cold hands & feet.
- ☐ ☐ ☐ ☐ 8) I get headaches or dizziness
- ☐ ☐ ☐ ☐ 9) I have allergies and sensitivities that bother me.
- ☐ ☐ ☐ ☐ 10) Either myself or a family member has been diagnosed with cancer, heart disease, diabetes stroke, or arthritis.

Emotional and Cognitive Signs of Stress

Family Member

1 2 3 4 5

- ☐ ☐ ☐ ☐ 1) I am easily irritable, nervous or upset.
- ☐ ☐ ☐ ☐ 2) I have difficulty concentrating when needed.
- ☐ ☐ ☐ ☐ 3) I am forgetful or experience "brain fog".
- ☐ ☐ ☐ ☐ 4) I feel lonely, depressed or misunderstood.
- ☐ ☐ ☐ ☐ 5) I tend to be impulsive and it gets me in trouble.
- ☐ ☐ ☐ ☐ 6) I have trouble keeping up, so I'm stressed & frustrated.
- ☐ ☐ ☐ ☐ 7) I have trouble relaxing, even at night.
- ☐ ☐ ☐ ☐ 8) I have recurring nightmares or exaggerated fears.
- ☐ ☐ ☐ ☐ 9) I don't feel comfortable in my own skin.
- ☐ ☐ ☐ ☐ 10) Either myself or a family member has a diagnosed mental disorder.

"An intact Nervous System will lead to optimal functioning of the human body." Dorland's Medical Text

Many Canadian families are choosing Chiropractic as a part of their wellness lifestyle. Before, many Canadians saw chiropractic as short-term care for the relief of neck or back pain. Now, more Canadians see the benefits of continued chiropractic care for complete healing from injuries, prevention of illness and to experience better overall health! It's the difference in mindset from crash dieting to choosing good nutrition for life.

Would you like to get a free consultation to see whether or not our office is a good fit for your family's health care needs? Please give us a call at **(604) 566 - 9088** today!



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