

*Can I tell if I have a subluxation?*

Sometimes. A subluxation is like a dental cavity – you may have it for a long time before symptoms appear. That’s why periodic spinal checkups are so important.

Although it may be possible to know you have a subluxation, it is rarely possible to be sure you don’t. Regular spinal checkups are always a good idea, and they promote good health from the inside out.

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