## WINDSOR-ESSEX'S ONLY HEALTH, FITNESS & WELLNESS MAGAZINE





## Dr. Brock Van Dyke is building your health on a SOLD FOUNDATION

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# Build Your Health on a Solid Foundation: Solid Foundation Chiropractic

Solid Foundation Chiropractic has arrived in Windsor! Dr. Brock Van Dyke and his wife, Michelle Van Dyke, opened their clinic in January of this year. They have also just added a member to their team: Lydia, a Registered Massage Therapist.

Dr. Brock, owner of Solid Foundation Chiropractic, is both a Doctor of Chiropractic and a Paramedic, so he has seen both sides of the healthcare system. He graduated from the University of Windsor with a Bachelor's Degree in Human Kinetics in 2006, majoring in movement science, and a Doctorate of Chiropractic from Canadian Memorial Chiropractic College, Toronto, in 2011. The wisdom gained from completing the doctorate in combination with his experiences as a paramedic make him very knowledgeable and wellequipped to care for his patients. Outside of work, Dr. Brock is significantly involved in his community. He contributes to church events and community outreach initiatives and teaches both CPR and First Aid on the weekends at the University of Windsor.

> Michelle, meanwhile, is a trained Chiropractic Assistant. Previously, she was a Montessori school teacher; she is good with children, highly organized, and has a cheery, upbeat personality.

Together, Dr. Brock and Michelle constitute a super duo! Their dream is to be a part of creating a stronger, healthier, and more aware Windsor-Essex community. It is evident how much they care about the clinic and about their patients' wellbeing. Come in and see for yourself!

**SAVE OVER** 40% OFF

Call today to schedule your New Patient Consultation for only \$35! (Regular price: \$60.) Offer expires Saturday, October 31, 2015. Dr. Brock has dedicated his life to transforming people's lives through family wellness chiropractic care and corrective chiropractic care. Dr. Brock educates his patients thoroughly regarding the cause of their problem and what needs to be done to correct it. One patient commented that they learned more in 10 minutes in the clinic than they did seeing multiple doctors at other offices. That is part of the Solid Foundation difference! The Clinic Is a Family Environment

Solid Foundation Chiropractic is an inviting environment. Patients are greeted with a friendly smile from Chiropractic Assistant Michelle Van Dyke, who is always happy to help patients with their scheduling needs. The clinic is clean and warm and has an uplifting atmosphere.

### What Our Patients Are Saying

"Since coming to the clinic, I have learned that there is a better way to deal with my situation besides ignoring it or covering it up with pills." – Malcom

"The Solid Foundation crew are awesome! My whole family comes to see Dr. Brock. and the kids love him! Dr. Brock and Michelle worked with me so that I was able to afford for my whole family to be able to get treated. I came to see Dr. Brock because of extreme neck pain and stiffness that clearly hindered me from performing daily life. Not only did he get rid of the pain after a few adjustments, but he also gave me back complete mobility. Through those visits I was educated; I learned that a number of my illnesses were caused by my nervous system from years of misalignments. This was all unknown to me. Since seeing Dr. Brock, one of my sons' neck posture has fully realigned, improving his hearing to the extent that his audiologist said that he now has supersonic hearing. Thanks Brock and Michelle." - Melissa

### What Is Chiropractic?

Your nervous system is your body's master control system, explains Dr. Brock. Shifts, misalignments, and improper mobility of the vertebrae can interfere with the body's communication. The nerves exiting out of your spinal cord to the various parts of your body can become irritated or interfered with, leading to poorly functioning organs and tissues. Millions of instructions flow from your brain down the spinal cord and out to every organ and tissue. Signals sent back to the brain confirm if your body is working properly. Dr. Brock delivers the adjustment and your body does the healing! Solid Foundation Chiropractic helps your body clear nerve interference so you can function at your best!

### **Do You Have Poor Posture? Consider Corrective Chiropractic Care**

"I am trained in a specific technique that will correct abnormal postures. Few Chiropractors in the Windsor and Essex County area use this correction technique. It is a gentle technique that produces amazing results! Our practice has grown due to the noticeable, measurable changes our patients have noticed in their spines. I focus on restoring the curvatures in the spine using methods based on undeniable research findings. Better posture allows for a better quality of life, including fewer headaches, less carpal tunnel and hand symptoms, and better range of motion in the neck. A shocking study published in the Journal of the American Geriatrics Society showed that hyperkyphotic posture (hunching) was specifically associated with an increased rate of death due to heart disease in both older men and women. Improper curvatures to the spine play a huge roll in your health. If you want to increase your quality of life, Solid Foundation Chiropractic will help you achieve just that! To view the research for yourself, see www.solidfoundation. ca/posture-correction." - Dr. Brock Van Dyke

For more information about Solid Foundation Chiropractic, point your browser to www.solidfoundation.ca. To learn more about the Solid Foundation team, see www.solidfoundation.ca/our-team.



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