

NAME _____

DATE _____

Welcome to the Café of Life!

The Café focuses on vitality! Your health and well-being is your expression of life. Physical, chemical, emotional and spiritual stress can accumulate on a daily basis, interfering and challenging your expression of life. Our goal is to locate and address the interference (subluxation) to your potential with an adjustment allowing your body to realize its fullest life expression. Knowledge about you will help in understanding who you are, why you are here, what you are expecting and how I can help.

Please take a couple of minutes to document your Vital Information. If you have any questions, please do not hesitate to ask one of the Café's staff.

The Café of Life is pleased to serve you. We are committed to serving the exceptional chiropractic experience in order to promote the highest expression of health and well-being.

Vital Information

First Name: _____ *Last Name:* _____

Address: _____

City: _____ *Province:* _____ *Postal:* _____ - _____

Home Phone: (_____) _____ *Business Phone:* (_____) _____

Email: _____

Date of Birth: ____/____/____
month day year

Marital Status: Married__ Single__ Widowed__ Divorced__

Name of Spouse/Partner: _____

Do you have children? Y / N __# of children

Names & age of Children: _____

Children living at home? Y / N

Reason for seeking services at the Café of Life: _____

How were you referred to the Café of Life? _____

Is there anything about your Nerve System and Spine we should know about?

What is your level of commitment to yourself, your life and wellbeing?

High__ Medium__ Low__

Additional Comments _____

Life Style History

History of Physical Stress, Trauma or Challenges: _____

History of Chemical Stress, Trauma or Challenges: _____

History of Emotional Stress, Trauma or Challenges: _____

Quality of Nutrition (breakfast, lunch and dinner): _____

Fluid intake: _____

Sleep & rest: _____

Exercise: _____

Family relationship: _____

Type of work: _____

Level of satisfaction with career: _____

Vacation: _____

Drugs, Over the Counter Drugs, Medication: _____

Play & relaxation: _____

Philosophical Agreement

The Café of Life exists to make a positive contribution in the lives of people, by assisting them to express and experience more Light in their lives, which is Life in the body.

Life, which is Light, is the essence of what sustains us, from the moment of conception until our last breath. Life-Force creates, recreates, adapts and allows for wellbeing and healing within us.

The Nerve System is the medium used for the transfer of vital information essential for all Human Works- from body functions to emotions, creativity, performance and spiritual expression. The “Innernet” is our link between the inner and outer world. By far, this is the most efficient, specialized, sophisticated, complex and delicate biological information highway known to humanity.

The “Innernet” consist of the brain, the spinal cord, the nerves and the dazzling array of neurotransmitters. The extensiveness of the Nerve System is such that it is impossible to determine where the brain ends and where the body begins.

A free flow in communication enhances one’s ability to express, develop and experience Life fully. Wellbeing, increased performance and greater personal expression are the natural byproducts.

Chiropractic adjustments free up Life Force, which is Light. Allowing every individual whether a newborn, an athlete, or a grandparent to enjoy more Life. This deepens everyone’s potential to heal biologically and at the core.

Due to greater Life Force flow, all area of a person’s Life improves. In some, physical, emotional or mental challenges may clear up quickly, in others, the process is slower, and in some, it is partial or not at all. Yet everyone will benefit on some level from greater Life expression.

Chiropractic is not a substitute, an alternative or a preventative form of medicine. Chiropractic specializes in the expression of Life, wellness, healing and wellbeing. Conversely, Medicine specializes in the diagnosis and treatment of symptoms, sickness and disease.

It is not the Café of Life’s goal or intention to diagnose, treat or attempt to cure any physical, mental, emotional ailments, or to give advice about medical conditions. If while being served, you become concerned about symptoms or conditions, we suggest you discuss this with us and we will seek the help of a symptom, sickness and disease care professional to assist you.

When you get out of bed, you take a risk (actually there are risks in sleeping in a bed), so it is natural that there are risks associated with Chiropractic Adjustments just as there are risks with Yoga, Physiotherapy and Massage. The Café of Life strives to minimize risks and acknowledges there is a greater chance of injury or death from flying in an airplane or eating a Big Mac.

Our primary goal is to release Life in the body.

I _____ the undersigned, have completely read and understood the above statement and choose to be served at the Café of Life with this understanding for our family and ourselves.

Signed _____ Date _____