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I am delighted to use my skills for your greatest benefit. I'll focus my writings here on 3 major areas of my work and how I may be able to help you. I have many other wellness skills that I will be interweaving as needed in caring for your health.

1) **LASER**

I bring to you valuable clinical experience of working with neurological problems using the cold LASER. This technology is *state of the art*. I know of no technology that is of greater benefit and can get the job done more quickly than and as comfortably as the LASER. It is referred to as a "cold" LASER because it does not put any heat into your body. Surgical LASERS are of a much greater wattage and destroy tissue. The LASER's used here in this office are low-level, which enhance tissue repair and health. The LASER light energy penetrates the body tissues and makes changes within the cells of the body, bio-modulating the cells to work more optimally at what that cell does best (i.e.; nerve cells send signals & information via electrical energy to muscles, organs and glands). Great for what we wish to accomplish through chiropractic!

2) **Kinesiology**

I also bring with me clinical experience and grounded skills in using Kinesiology (muscle testing). This method of testing your body is an avenue to gain information as to location of problem and asks your body for the yes/no answers to help decipher where your physical health issue stems from. Is the symptom purely physically induced? Or does it have components that are from mental/emotional stress, or chemical stress? All these stressors affect the body in the same way, namely by creating nerve interference. You may experience the symptoms in a myriad of ways: pain, muscle tightness, stomach upsets, bowel & bladder problems, numbness, tingling, balance & coordination, sight & hearing impairment, colds/flu, inability to think clearly, sinus pain, headaches, you "just don't feel good" and many more signs/symptoms too numerous to list.

3) **Light Touch Adjusting**

Our bodies are **geometric** in the way we move, live and grow and in the manner in which our **innate life force** spirals through our systems. Life is a series of experiences, or seismic events, that enter our bodies as energy our bodies must integrate. What does not get integrated gets stuck. We know this as subluxation which can create nerve interference. The **geometry** gets thrown off and hinders our movement, our life, our growth and our health. Stress often has the affect of placing a "flattening effect" our bodies, similar to that of a paper doll. This contraction, this squeezing, inhibits our **innate life force** causing our body to compensate. This compensation brings on misalignment in joints, tight muscles, tendons & ligaments. This contracture causes our posture to change as well as our outlook on life creating a diminishing of body-mind health, in a downward spiral.

I am pleased to have ways of adjusting that open body geometry to a fuller flow of **innate life force**. I address subluxations of all the body tissues. Some of the adjusting is very subtle, some is more pronounced. I release the trail that the subluxation has created. It all depends on how deeply the subluxation is imbedded into your system as to how I adjust a segment. I work to bring your body back to greater health through optimal flow of **innate life force**. Bringing your body back into alignment into the best possible stance and posture; ease and joy of movement; greater flexibility & stability of tissues, joints, immune system and mental clarity. This is TRUE HEALTH....Healing from within, using your very own **innate life force**.

Here are some of the more common maladies I work with:

- ❖ Pain in neck & back; Range of Motion
- ❖ Myofascial release and Muscle Lengthening
- ❖ Applied Kinesiology; Muscle Strength
- ❖ Balance & Dizziness; Hormonal Challenges
- ❖ TMJ syndrome; Headaches
- ❖ Digestion & Elimination
- ❖ Fatigue; "I just don't feel good"
- ❖ Mental/Emotional Release from Physical body
- ❖ Brain Balancing; right/left brain coordination
- ❖ Low libido; lack of interest