



## Meet our Chiropractor – Dr. Troy Wilson

A graduate of New York Chiropractic College, Dr. Troy has been working as a chiropractor for over 10 years, and has operated a wellness center in Salem over the past 7 years. Dr. Troy became interested in chiropractic after suffering a collision while playing lacrosse, which left him with severe mid and lower back pain. He saw multiple doctors, all of whom just gave him pain killers and muscle relaxers without actually identifying and solving the problem. Dr. Troy found his answer in chiropractic care, and it inspired him to become a chiropractor himself.

At Pax Massage Dr. Troy will provide:

- Advanced spinal correction and chiropractic adjustments utilizing state of the art chiropractic techniques, including the Activator Method and Diversified Technique
- Corrective exercise that will help strengthen and correct the irregularities in your body which are causing pain
- Lifestyle advice to help coach you towards a healthier lifestyle in conjunction with chiropractic care
- Nutritional counseling to help you achieve total health and balance in your body with recommendations on nutritional supplements and healthy food choices
- Spinal and postural screenings to help reveal important health information that allows you to unlock the door to improved health and wellbeing
- Recommendations for massage therapy, working with our therapists for a plan to meet your unique pain condition or injury

At Pax Massage our philosophy is to 'live life well'; we believe there are many alternative therapies that can help our clients live a pain free (and stress free) life without the need of medications. Dr. Troy fits into our philosophy perfectly. He is passionate about working on clients of any age – from newborn to 100 years old, and to not just take care of individuals but their whole families too.

When most of us think about seeing a chiropractor, we think about getting help with back pain or some other kind of musculoskeletal problem; however, chiropractic is also a great way to improve your general health and wellness (each adjustment gives you an immune boost so your white blood cells increase in number over the next 24 hours!) The core concept of chiropractic is to restore the function of your nervous system so that it can do what it is designed to do – keep your body healthy and active. Chiropractic is truly about prevention. If you keep your nervous system working smoothly and without interference, many health issues become non-issues.

Never in the history of chiropractic care have chiropractors been able to provide the level of help and expertise that is available today. Many of the newest chiropractic techniques are actually safer, more comfortable and more effective than ever before. As a chiropractor who cares about utilizing the most advanced chiropractic techniques, Dr. Troy has years of training, expertise and experience in helping patients get pain relief for back pain, neck pain, headaches, and other related conditions originating from the spine. He believes that an ounce of prevention is worth a pound of cure. Dr. Troy's goal with all of his patients is to help them achieve total balance and health in their bodies and achieve the fulfilling and happy lifestyle they deserve, one that is full of the activities they enjoy most. Dr. Troy recognizes that every one of his patients is a whole person, and he uses his expertise to help them reach total health and wellness.

Dr. Troy will be at Pax on Tuesday and Thursday mornings and Wednesday and Friday afternoons/early evenings.