



DISCOVER YOUR HEALTH AND WELLNESS

Since 1994, by act of Parliament, chiropractic has become a recognised and regulated profession in the UK. It provides the public the confidence that all those calling themselves chiropractors are educated, trained and qualified in the business of providing healthcare for neuro-musculoskeletal disorders to the highest standards. Although it shares similarities with other health professions, its emphasis on finding and treating the root cause of a problem, naturally, without drugs or surgery, distinguishes it from other forms of medicine.



Align 4 Life is the island's state of the art spine and posture correction clinic and family wellness centre. They specialise in improving the nervous system to reduce the effects of stress on the brain and body.

Their purpose is to assist families to get well and stay well, enabling them to attain their optimum potential by improving five key areas: movement, stress levels, brain function, nutrition and self-talk.