

DNFT is low-force chiropractic that has worked well for many others, and it's now available here in Bettendorf

You and your family are sure to appreciate the effectiveness of DNFT low-force adjustments. Since it's great for the entire family, you'll be able to receive the chiropractic care you need in just one office.

Plus, I think you'll really appreciate having an individualized plan for each member of your family. That way you'll be sure that each of you is getting the right amount of care for you—not too much, or too little, or a formulaic approach some doctors use for everyone.

You and your family can get the care you need without the harsh thrusts, twists, and pops that many people find uncomfortable. Call me today and set up an appointment to speak about your chiropractic care needs. There's no charge to speak with me about your situation and to see if I may be able to help you resolve any problems you may have.

Even if you don't have any immediate issues, feel free to call and find out more about DNFT. I'd be glad to sit with you and tell you why I believe DNFT care is best for many patients, and why I use it to take care of my own family. I'd like to do the same for yours.

Dr. Nathalie Denain
Gentle Touch Chiropractic
1035 Lincoln Road, Suite 202
Bettendorf, IA 52722

(Located in the Healing Heart Center)

563-449-2881

Call today for your free consultation

**Gentle Touch
Chiropractic**



**Low-force, gentle
chiropractic care that's safe
for the whole family...**

...especially children

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Dr. Nathalie Denain
Palmer Graduate and
DNFT chiropractor

**DNFT: Gentle, effective
Chiropractic *without* any
twists, cracks, pops, or
hard thrusts.**

**It's the type of chiropractic
you and your whole family
can stay well with.**

You may have never heard of it, but DNFT isn't a new, untested chiropractic technique. In fact, it's been in use since the 1930's, it's the *original* low-force chiropractic technique, and it's helped many thousands of patients feel better and be well.

One of the main things that makes DNFT different is that the doctor works directly with your nervous system to find out what's wrong—and then makes a gentle series of corrections. That means there's no need for guesswork, and the effective corrections are so gentle, they're perfect for *every* member of your family—including infants and children.

Another strong benefit of DNFT adjustments is what chiropractors call *holding power*: how long a correction stays in place. With DNFT, the holding power of your adjustment is greater, so you typically won't need as many adjustments as with most other methods. And, since everyone responds differently to care, we don't use any fixed "regimens." Just what your body needs to get and stay well.

You'll find that an adjustment with DNFT chiropractic can help you feel your best and make it a lot easier for you to meet all of life's demands.

Common Questions about DNFT

Is DNFT different from other chiropractic methods?

Absolutely. DNFT uses your body's nervous system to find out what's out of place. Plus, the adjustment is done with light-force impulses, rather than hard pushes. That's part of what makes DNFT great for the whole family.

Does it work? Why is it different from what other chiropractors do?

DNFT has an extraordinary track record, and has worked for many thousands of patients. Since this technique works with your body's nervous system, it helps the doctor get to the root of problems quickly.

Why do DNFT doctors adjust structures in addition to the spinal bones?

For one main reason: the adjustment holds longer. By correcting structures around the bones, the joints become more stable. A more stable joint is healthier and better able to do its job properly: let you freely move without discomfort. Plus, a more stable joint tends to stay in place, rather than misaligning to create an irritating subluxation.

Does it feel different from "regular" adjustments?

Yes, it does. Many conventional methods use harder thrusts or twists to make an adjustment. You won't find that in a DNFT adjustment. Instead, you'll feel the doctor checking for problems with a special reflex that's in your feet and ankles. Once the problem is identified, the doctor will use a series of low-force impulses to make a lasting correction. You won't even hear the adjustment, and you probably won't even feel it because the correction is so gentle.

Why should I choose a DNFT adjustment?

While no one technique is perfect for everyone, many patients appreciate the lower force, the longer holding power (which typically means more time between adjustments), and the personal attention from their DNFT chiropractor.

Proper chiropractic care is especially important for children

Childhood is naturally a *very* important time. It's when the foundation is laid for long-term health and well-being.

And, as you know, kids tend to be very active as they're exploring their world. This often leads to bumps, bruises, and scrapes that don't leave much outward indication of the misalignments—or *subluxations*—that can easily be present.

Those subluxations weaken the body in some way. They affect the nervous system, and make it harder for it to do its job. This means that your child's growing body may not be getting the right "signals" to grow at its best.

This can even affect the immune system, and it may not be able to ward off diseases as well as it could if the subluxation wasn't hampering its function. Regular chiropractic care for your child will help keep their immune system working the best that it can.

A stronger immune system is better able to fend off the many diseases common during childhood, and gives your child a better chance at staying well. We know how heartbreaking it is to see a sick child. Regular chiropractic care can help reduce their number of "sick" days—and that's something to be grateful for.

Low-force DNFT adjustments work wonderfully for children, and help them reach their full potential for health, curiosity, and happiness throughout their childhood.

What makes DNFT different from other chiropractic methods?

DNFT, which means **Directional Non-Force Technique**, is different from most traditional techniques. With DNFT, there are *no hard pushes, twists, snaps, or cracks*. Just gentle corrections that most patients find very effective.

DNFT works directly with your body's nervous system to find out what's wrong. In addition to correcting any bones out of place, using DNFT helps me to correct other components—like the discs between the spinal bones, ligaments, and even muscles that could be causing problems in the nervous system.

Most DNFT patients report that they need fewer adjustments to feel better and for their body to heal. Patients with arthritis, TMJ problems, sciatica, disc herniation, carpal tunnel syndrome, neck and back pain, and headaches have all reported relief with this technique.

Even lower extremity problems like leg, hip, or knee pain typically respond well. Patients have even experienced relief with common conditions like menstrual cramps, asthma, sinus trouble, and even acid reflux or other digestive problems.

Since it's so gentle, DNFT is very safe during pregnancy and for infants. I'm certified in pediatric chiropractic and comfortable working with infants just a few hours old, and older children too. And sure—mom and dad are also welcome!

Nutrition, health, and wellness

Overall, our food has been stripped of many vital nutrients by processing and commercial agriculture. Since our foods aren't as nutrient-rich, many of us have the subconscious drive to eat more because our body is telling us it needs more nutrients—nutrients it can no longer get from most foods.

Sadly, that's true for many of our fresh foods too. This means that the raw ingredients that go into our prepared foods are already lacking nutrients—then we sap out the remainder of the food value with processing. We're essentially over-fed and under-nourished.

With proper nutrition, the human body has a powerful ability to repair and heal itself. We can use whole food supplements as part of a healthy lifestyle to supply the nutrients many of our foods no longer contain.

I use Standard Process brand whole food supplements to bridge this nutritional gap. Standard Process uses whole foods—grown and processed properly—to supply many nutrients currently lacking in our “modern” diet. These whole food supplements help my patients heal and be well.

This is especially important because your body can't heal correctly without the proper nutrients. Your response to your adjustments will be even better with the right nutritional support since your body will have everything on hand that it needs to heal properly.

That means you'll feel better sooner, your body will be stronger and more able to resist infirmities, and you'll be better able to do all the things you need and want to do—whether it's working, taking care of the kids, leisure activities, playing with grandchildren, and even playing with your *great* grandchildren!

What others say...

“I and my family like the method Dr Denain uses to help us. Never did we feel any need to go elsewhere for treatment, and we don't want to seek a different chiropractor.”

- Becky Welter, Sherrill, Iowa

“Dr. Denain's technique of diagnosis and method of adjustments have given me more instant and long term relief than I ever experienced with other chiropractors.”

- Thomas Lapke, DVM, LaMotte, Iowa

“Over the last 20 years, I have been under the care of several chiropractors. I found Dr. Denain to be the best of them all.”

- Michael Maloney, Bellevue, Iowa

“Dr. Denain puts her patients first. I called her one evening after hours because my husband was in great pain. She helped him that night—not the next day as other chiropractors have done in the past.”

- Phyllis Tracy

“I have had problems with my neck, back, and sciatica, and I've been to several chiropractors in my life. I have received more benefit from Dr. Denain's treatment than with any other chiropractor.”

- Jan Beecher, Bellevue, Iowa

“I had never received chiropractic care before getting adjusted by Dr. Denain. A co-worker referred me because I was having headaches daily and I was desperate for help. The headaches are gone and haven't been a problem since.”

- Jennifer Schumacher, E. Dubuque, Illinois