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## **Back to Health by Choice: How to Relieve Pain, Conquer Stress and Supercharge Your Health the Chiropractic Way**

*Walter Salubro DC*

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# Back to Health by Choice

How to Relieve Pain, Conquer Stress,  
and Supercharge Your Health  
the Chiropractic Way

WALTER SALUBRO, DC

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**Walter Salubro DC : Back to Health by Choice: How to Relieve Pain, Conquer Stress and Supercharge Your Health the Chiropractic Way** before purchasing it in order to gage whether or not it would be worth my time, and all praised Back to Health by Choice: How to Relieve Pain, Conquer Stress and Supercharge Your Health the Chiropractic Way:

0 of 0 people found the following review helpful. A Great Book!By MarkI thoroughly enjoyed this book. Dr. Salubro's writing is clear and easy to read. Something that I really enjoyed was the emphasis was on a person's role in their health. It is an empowering book. It discusses topics like "choice and commitment" and "vision for your life". We are in a society today where we often accept health problems and sickness. This book helps remind us that we have a role in our health. The book goes into depth how chiropractic actually helps people with their overall health and not just their pain. He gives great examples of cases of various patients with different health problems that improved and how their lives changed under chiropractic care. This is not just an introduction to chiropractic. This is a book about health. As well, I think this is a great tool for chiropractors to educate their patients. I would recommend this book to anyone, especially people who want to change their health and life!!!0 of 0 people found the following review helpful. Appreciation from a peer.By CustomerDr. Salubro's book, Back to health by Choice is a great tool for both doctors and patients. For the doctors, it helps to clarify how to convey to patients the concept that health is a choice. For the patients, it explains what chiropractic is all about and demystifies it by illustrating the power of the nervous system and its role in maintaining harmony in the body. I particularly enjoyed the chapter called: Casting a vision for your life. That is where it all should start for everybody. That vision will help one to make the right health choices in the end. Thanks Dr. Salubro for creating this amazing tool that will represent the position of chiropractic in our health care system and also enlighten people in search of answers and truths about health, the chiropractic way. Dr. Evelyne Bruneau, D.C.0 of 0 people found the following review helpful. R. SchaepersBy CustomerFor me as a chiropractor from Germany, Dr. Salubro's book is a great treasure and a awesome paper. Specially to see chiropractic as a way of life and the big picture of well being, that comes with it. Being good adjusted for many people opens up totally new realms of reality as Walter shows in a nice and understandable way. This is a great book that leads us as readers beyond technique's into a world of a new "could be". I like the emphasis on patients responsibility living a life from a healthy point of view. For me it is a privilege to know Dr. Salubro in person, so I can see that the content fits with the person.

"Why Some People Almost Always Maximize their Health with Chiropractic"

About the AuthorDr. Walter Salubro is a family wellness chiropractor and the owner of Back To Health Chiropractic Centre in Maple, Ontario. He grew up in Toronto, Ontario, and moved to Vaughan, Ontario, with his family at the age of fifteen. Dr. Salubro graduated from York University in 1996 and from the National College of Chiropractic in 1999. He has been practicing chiropractic and serving his community of Maple and Vaughan for over fifteen years. Dr. Salubro provides chiropractic care to people of all age groups. He is trained in applying specific chiropractic techniques that are just as suitable for children as they are for adults. In addition to offering specific spinal adjustments and posture corrective techniques, Dr. Salubro offers an extensive lineup of health seminars, exercise classes, and a run/walk club to his patients. Dr. Salubro is an avid runner, having completed multiple marathons and half marathons. Dr. Walter Salubro is dedicated to providing exceptional chiropractic care for all his patients. He caters to the care of infants and pregnant mothers. Dr. Salubro is certified from the Academy of Chiropractic Family Practice and the Council on Chiropractic Pediatrics (CACCP). Dr. Walter Salubro is Webster Technique Certified, which is certified and recognized by the International Chiropractic Pediatric Association (ICPA).