

HEALTH & HEALING

Live Life Well.



SENARA HEALTH AND
HEALING CENTER & SPA

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Live Life Well.

Senara's mantra takes root in our chiropractic services.

From the moment you walk through the doors of Senara, your healing journey begins. Our exceptional staff will nurture you through each phase of your treatment and welcome you to the center—and community—we have built for you. We focus on each guest's health as a unique experience, and partner with you to achieve your health goals. We strive to work with you as an active and informed participant in your well-being.

Our Doctors of Chiropractic focus their skill and expertise to treat each person with individualized care, which is never “one-size-fits-all,” using the most advanced therapies and technology available. This multi-dimensional philosophy has earned Senara recognition as an outstanding health and healing care provider.

Our doctors are continually learning new diagnostic technologies and chiropractic techniques. They use only the latest, state-of-the-art methods for determining your course of treatments for health and healing, and to measure your progress. That means you'll receive the most advanced wellness care at Senara. Individualized care that is more comfortable and effective, and safer than ever before.



HEALTH & HEALING SERVICES

At Senara Health and Healing Center, you're encouraged to actively participate in achieving your wellness goals. Our services include the best of complementary and alternative practices, where you can explore a wider view of your health than with the traditional medical model.

Our clinic offers guidance on the most cutting edge prevention and treatment therapies to help you take control of your health.

The people who work here are the heart of Senara Health and Healing Center & Spa—our staff is composed of the most diverse, talented, caring and qualified individuals you'll find anywhere. All of our service providers are licensed in their field of expertise to ensure the highest level of care possible.

Senara focuses on an integrative approach to disease prevention. Our doctors work with each patient to ensure they have a tailored treatment plan and whole-body wellness strategy for optimal health.



ACUPUNCTURE

Stimulate your body's natural healing abilities with this holistic, ancient form of Chinese medicine. Acupuncture can provide relief for a wide range of medical issues. Acupuncture is endorsed by the National Institute of Health, and is a recognized alternative modality. It is effective in addressing musculoskeletal pain, arthritis, migraines, tension headaches, asthma, tendonitis and fatigue. Also, it can be used as an aid in preventing illness and providing relief from stress, anxiety, and sleep disturbances. Senara also specializes in acupuncture for infertility.



CHIROPRACTIC

Discover how good you can feel with chiropractic care. The art, science and philosophy of chiropractic emphasizes the nervous system's interaction with the whole body. Rather than focusing on just symptoms, chiropractors take a holistic approach to wellness. Implementing a variety of therapeutic techniques and lifestyle changes, chiropractic corrects neuromusculoskeletal disorders and promotes the body's natural healing ability. Chiropractic can help with a wide array of problems ranging from headaches and postural issues to sports injuries to attention deficit disorders.

PHYSICAL THERAPY

Regain mobility and rebalance muscles for pain-free living. Acute and chronic conditions can benefit from the wide range of physical therapy modalities offered at Senara. Our physical therapy team will utilize a variety of focused stretches, strengthening exercises, and treatments to help you achieve optimal movement. In the process of relieving your pain, you will learn how your body works and how to improve your outcomes for long-term relief at home.

DECOMPRESSION TRACTION THERAPY

Find relief without surgery or drugs with state-of-the-art decompression therapy treatments. Proven to be over 86% effective at relieving long-term neck and back pain, it is highly recommend for bulging and herniated discs, sciatica, and compression of the spine. The therapy works to reduce pressure that builds up on your disc and nerves, so you experience lasting relief.



MASSAGE

Experience the relief and relaxation of massage therapy treatment. Muscle tension brought on by musculoskeletal imbalances, stress, and the demands of life is diminished with the focused care of our licensed massage therapy team. Massage therapy treatments, using a combination of myofascial release and trigger point therapy techniques, will help rebalance your body after injury and aid in healing chronic neuromuscular conditions.



CHILDREN'S CHIROPRACTIC

Treat your kids to a happy and healthy childhood with chiropractic care. From newborns to teenagers, we provide adjustments and health guidance for your whole family. Ear infections, ADD/ADHD, asthma, and digestive issues are just a few examples of common childhood conditions that can be improved through chiropractic.



FOOD SENSITIVITY TESTING

Discover optimal health and reverse signs of inflammation and dysfunction in the body. This simple, yet comprehensive blood test identifies IgG type reactions in your body to hundreds of foods, medicinal herbs, food additives and colorings, environmental chemicals, molds, antibiotics, and anti-inflammatory agents.

FUNCTIONAL MEDICINE

Solve your most challenging health concerns. We take a truly integrative approach to identifying the root cause of your complex medical issues, using the latest in comprehensive diagnostic testing and holistic approaches. Unlock your body's potential for vitality with the guidance of our integrative health team, guiding you through a customized nutrition, supplementation, and lifestyle program to stop and prevent chronic disease.

HORMONE BALANCING THERAPY

Reverse the effects of aging with BiIdentical Hormone Replacement and Low Testosterone Therapies. Fatigue, weight gain, brain fog, sexual dysfunction, and more are all common symptoms of hormone imbalance. We use state of the art testing and therapies to identify and treat your hormone balance issues. Derived from natural plant sources, bioidentical hormones can be more easily assimilated by the body without the side effects commonly associated with synthetics.



MEDICAL WEIGHT LOSS

Lose weight, feel great. Whether you are looking for a comprehensive weight loss program, or simply wanting to balance your eating for increased energy and wellness, we will help guide you along the way with a customized nutrition program. Detoxification support is also available.

www.experiencesenara.com

309 • 693 • 9600

SPECIALTY SERVICES

WE HOPE THAT WITH EACH VISIT TO OUR CENTER YOU LEAVE FEELING EMPOWERED TO LIVE LIFE WITH VIGOR AND A LIFELONG INTENTION TO PURSUE PERSONAL HEALTH AND WELLNESS FOR LIFE.