

*The first sign of pain, from a slight twinge in one spot, a nagging area that feels achy or the instantaneous spasm that makes you stop in your tracks is your bodies way of telling you it has had enough, go get help!*

## WHERE DO YOU START

Things you can do at home:

- 1 . Lifting:** lift with your knees, lift only things that are 20 pounds or less. Bring things close to your body first then lift.
- 2 . Exercise:** The old adage “use it or lose it” is very true with regards to your spine and joints. Even 20 minutes a day of walking increases your mobility and decreases pain.
- 3 . Rest:** Think about how you sleep, on your side, on your back or on your stomach, and if it is on the couch or in a bed.

## WHAT CAN I DO NOW?

If you are not experiencing any back or neck problems, you can start by taking time now for chiropractic preventive spinal adjustments. Keeping your spine aligned keeps your nervous system strong and in control.

If your are already having back and neck problems, then starting chiropractic corrective treatments now can decrease any further degeneration and improves your own body to heal itself.

## What can Dr. Laudig do for you?

She performs a complete neurological and spinal exam. Then she has you list your daily activities including diet, rest, stress and your work-related activities on your first visit.

After evaluating all these factors, she determines the best course of treatment for you and explains each step for you to be able to apply to your lifestyle. Each visit can take as much as 1 hour depending on your problem.

## She also has available for the best recovery results:

- Electrical Muscle Stimulation
- Leander Traction Therapy
- Ultrasound
- Clinical Nutrition
- Massage Therapy
- Foot Bath Detox Therapy

**HOURS OF BUSINESS**  
**By Appointment Only on**  
**Monday – Wednesday - Fridays**  
**Closed Weekends and Holidays**

## TLC CHIROPRACTIC CENTER

**Marty Jo Laudig, D.C.**  
2170 W Lomita Blvd  
Lomita, CA 90717

**Cell Phone & Text:** 310-530-1659

**Fax:** 310-872-5531

**Email:**  
[tlcchiropractic2014@gmail.com](mailto:tlcchiropractic2014@gmail.com)

**Website:** [www.tlcchiropracticcenter.com](http://www.tlcchiropracticcenter.com)



# ABOUT THE DOCTOR:

I was born to Martin and Betty Olson on January 30<sup>th</sup>, 1957 in Torrance California. I went to Newton Elementary school and then to South High which was within walking distance of our home. In 1985, I married and in 1987 I had my daughter Ashley. When Ashley was just three months old she became brain damaged from a vaccination. It changed our lives forever.

I routinely give presentations on the effect this has had on my daughter and the rest of my family and ways that every parent can prevent it from happening to their own children.

There are many reasons to become a chiropractor, but for me it was to be able to provide an alternative for people in pain without drugs or surgery. Statistics show that only 50% of those who have surgery for back pain or joint pain find relief.

Being one of the 80% of the population with a “bad back” myself I was treated by a chiropractor whose treatments prevented my impending surgery and I haven’t looked back since.

*I also love to teach people about their bodies ability to heal with proper spinal alignment and nutritional balance.*

## BUSINESS WORKSHOPS

I will come to your business and speak to your employee’s on:

1. Carpal Tunnel syndrome
2. Stress reduction
3. Injury prevention
4. Ergonomic work space

Prevention or work related injuries are the basis of these workshops..

## SCHOOL WORKSHOPS

I can provide evaluation of scoliosis and possible spinal dysfunction in school age children to prevent possible future injury.

*PREVENTION, CORRECTION,  
DIRECTION AND HOPE*

*Dr. Marty Jo Laudig*

## ABOUT THE OFFICE

TLC Chiropractic Center is located at the corner of Narbonne Ave and Lomita Blvd. There is parking in front and in the rear of the office. It is wheelchair accessible.

TLC has a relaxed casual atmosphere, meant to be comfortable for the whole family. All X-ray procedures and procedures are provided in the office.

## Massage Therapy

Massage therapy is a great way of treating deep myofascial spasm, sprain, strain and other musculoskeletal disorders including fibromyalgia and other disorders.

## AT FEES YOU CAN AFFORD

All insurance plans require a Co -Pay per visit have annual deductibles. I can submit claims to the most insurance plans for you including:

1. Medicare PPO, POS Plans
2. RR Medicare - PPO
3. Blue Cross/Blue Shield PPO
4. Affiliated Health Care
5. United Health Care
6. CHPC, Coresource etc.

**There is no guarantee that your insurance company will cover services provided in this office. Payment in advance is required at the time of services rendered.**

Your health is important, and I offer several different pay as you go plans, discounted prepaid cash plans. You may also use Most Credit or Debit Cards for each visit or use auto debit with my **Wellness Care** plan.