

what is the
Back to Life ?
program.

Back to Life is a program based on Dr. Donald Epstein's work, "Network care." Network care is a system of chiropractic that reawakens the body's natural ability to adapt to stress and tension. Since stress causes 80% of all illness, Network is an extraordinarily effective method for achieving optimum health.

What makes this program unique?

The Back to Life Program teaches the body how to manage stress, allowing for a profoundly deep and unprecedented effect. Instead of the chiropractor doing all the work, your body learns how to heal itself. Your brain will learn healing and releasing techniques in our office that will continue as you move through your daily life.

How does it work?

The chiropractor gently addresses specific spinal points and uses body positioning which allows the brain to reconnect with the body. You will feel more and more energized, centered and refreshed as each session builds on the one before.

Is Back to Life for Me?

The Back to Life program is for people who want improved health and the ability to excel in all aspects of their lives.

experience
the
difference

Drs. Michael and Robyn Croutch are experts in the body-mind connection in relation to health, life achievement and quality of life. Both have a comprehensive understanding of healing and a command of dozens of chiropractic techniques.

Our tranquil and beautiful office offers patients the space to cultivate ease and peace in their bodies which they can carry into their everyday lives.

Back to Life Chiropractic, P.C.

250 West 57th Street, Suite 930
between Broadway and Eighth Avenue
New York, NY 10107

212-258-2221

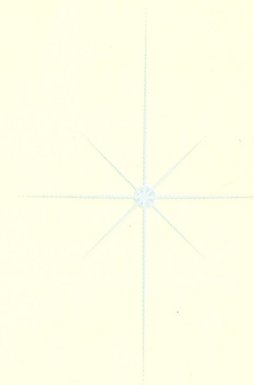
Please call us with questions and to schedule appointments.

Our office is conveniently located on Columbus Circle with access to subways 1, 9, A, C, B, D, N, R, Q, and W AND buses M5, M6, M7, M20, M31, M57, and M104.

For more information, please visit our website at:
www.backtolifenyc.com

Back to Life

Program for
Optimum Health



A gentle chiropractic-based system which
unlocks the body's innate capability
to achieve optimum health.

a spectrum of
benefits



imagine

a program that

- allows you to handle all types of stress
- optimizes immune system function
- improves overall health
- reduces pain
- enhances your ability to think, concentrate and stay on task.

imagine a program that

takes only 15-30 minutes of your time per week, leaves you refreshed and energized with a tangible sense of physical and mental well-being.

The Back to Life program will all do this. . .
. . . and much more.

a new
Vibrant
You

enjoy a stress free body

Everyday stresses, whether they be mental, emotional, physical, environmental or dietary, all tax our system and prevent us from functioning at 100%. When our body learns to manage and release stress, our life takes on a new sense of vitality and clarity.

