



About Dr. Bock...

A man ahead of his time

Although the idea of integrated health has only recently made the headlines, Dr. Bock was ahead of his time by introducing his patients to this concept when he launched his practice in 1977.

Innovative and insightful

In 1983, Dr. Bock made the decision to maintain his full-time chiropractic office while pursuing his PhD. in Clinical Psychology. Seeing the power of the mind-body connection, he was committed to providing his patients with the latest integrated care and became the first dual-practitioner of Chiropractic and Psychology.

A truly caring soul

His PhD. internship included developing an anger management group therapy process for the Orange County courts. During the next 10 years, Dr. Bock volunteered his time weekly to facilitate groups for first-time offenders of domestic violence.

Integrated health and wellness

Due to his commitment to healthy living, Dr. Bock provides a broad spectrum of integrated health offerings to his clients. Whether your need is for performance enhancement, nutrition consultation, psychological counsel-ing, or simply being overzealous on the weekend, Dr. Bock is here for you.

Simply put, he is so much more than what you expect...including a terrific sense of humor!

**Uniquely Integrating
Chiropractic
and
Psychological
Care
Into True
Wellness Care**

visit

www.MarcBock.com

to download his latest article

***“The Building Blocks for
Integrated Wellness”***

and call
your personal



at 714-847-5350 to
schedule your appointment

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Integrated Wellness

Chiropractic

Psychology

Consulting

and

Nutritional Care

*Bringing out the best in
you and your life!*

Individual Services Include...

Chiropractic

You are reading this because you are hurting. Let's talk about where you are hurting and when it started. Please tell me about the treatment you have received from others and what you do to relieve your pain at home. Yes, your pain is real. Perhaps we can work together so that your pain is relieved and you can feel healthy again.

Psychology

It is difficult to admit that we are unable to resolve our own problems without help. Sometimes we just get stuck and cannot see a way out. You have taken the first step and have recognized that you deserve to be healthy; you deserve to be respected and to have others treat you with love and understanding. How do you get them to do that? How do you get beyond the heavy pain that is pressing on you? How do you change your behavior so that you can get the love and acceptance that you deserve?

Nutrition and Allergy Testing

You would like to feel better, to have more energy, yet it is difficult to find the time to determine the best food for your body. When you start looking at information regarding nutrition and supplements you may find yourself confused and overwhelmed. There is a simple path to nutritional health and wellness.

Consulting Services Include...

Custom Training, Workshops and Seminars

Who is the real opponent in our business lives? The answer may not be what you expect....it is each one of us. We bring our attitudes, behaviors, beliefs and perspectives to the office each day – and add to that any personal challenges, difficulties or anxiety. That can make for a crowded, demotivating workplace.

Acknowledging the uniqueness of each individual, the importance of listening and being heard, and the ever-increasing demand of increased performance in less time, Dr. Bock offers several programs to overcome the obstacles and improve the bottom line of individual and team performance.

Contact Dr. Bock to learn more about these and other programs.

- ❖ Tools and Techniques for Dealing with Angry Clients
- ❖ Anger Management – Corporate Style
- ❖ Communication Mastery
- ❖ Improving Team Dynamics
- ❖ Bottom-line Performance

**Call
714-847-5350 to schedule
your office visit
or on-site consultation**

Comments...

“Thank you for literally helping to put me back together physically, mentally, spiritually and emotionally. You have helped me so much through one of the most difficult times in my life. Thank you for being you!” JN

“After one treatment and doing my exercises, I feel 99.9% better, thank you.” MA

“I thought I was going to die yesterday and then you treated me and today I feel great.” MH

“Thank you for fixing me... I am feeling much better, much more relaxed, can sit comfortably, right shoulder feels better, right wrist does not hurt, ... no more headache, no more jaw clenching, cleared sinuses, no more labored breathing, ... improved eye sight, improved balance and improved focus and concentration abilities.” CD

“I would not be where I am today without all the help, guidance, and advice you've shared with me. Thank you for all that plus for being the caring, sensitive, understanding, non-judging person that you are. I truly Am because you Are.” LH

“You are a marvel. You have done in one day what three physical therapists have not been able to do in three weeks.” AB