



**RECLAIM**  
YOUR HEALTH  
CHIROPRACTIC CARE

Reclaim Your Health and  
Improve Your Quality of Life

## Reclaim Your Health Chiropractic & Wellness Center

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3 Blocks from Hwy 80's Powell street exit  
Free parking  
Free shuttle from MacArthur BART Station.  
(Emery Go-Round Shuttle)

Dr. Tamara Lei, Chiropractor

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### Who is Tamara Lei, Doctor of Chiropractic?

Dr. Tamara Lei is the founder of the rapidly growing Emeryville-based Reclaim Your Health Chiropractic & Wellness Center.

Dr. Lei graduated with top honors from Life Chiropractic College West (Hayward, CA) as Valedictorian of her class. While a student, Dr. Lei earned the respect of her Professors whom, on several occasions, asked her to be a guest speaker and instructor for their doctorate level classes. After graduating, Dr. Lei's college offered her a teaching position, which she graciously declined so she could focus her energies on serving the Bay Area public.

The prestigious Northwestern University (Evanston, IL) is Dr. Lei's undergraduate alma mater. She studied Biomedical Engineering and Small Business Communications, graduating with a Bachelors of Science Degree in Communication Studies.

While at Northwestern University she played Division I collegiate soccer providing her with first-hand experience with the treatment of sports injuries.

Dr. Lei's time as a Certified Personal Trainer has only added to her expertise in the treatment and rehabilitation of sports injuries.

### How can Reclaim Your Health Chiropractic Care help me?

My goal at Reclaim Your Health, Chiropractic Care is to improve your quality of life.

Patients under my care have experienced increased mobility, improved balance, more regular Gastro-Intestinal function, and in most cases total alleviation of their aches, pains, and general discomforts.

Improvements to my patients' physical health often lead to marked changes in their emotional well-being as well, making for an overall improvement in their quality of life.

### Who can benefit from Dr. Lei's chiropractic care?

Anyone who is ready to Reclaim Their Health. People who I have helped include those with: Severe, debilitating back pain; Chronic gastro-intestinal dysfunction; Migraine and tension headaches; Chronic knee pain, even after corrective surgical procedures; Foot pain due to bone spurs, plantar fasciitis, and fallen arches; Acute muscular strain/sprain injuries such as whiplash, pulled hamstrings, and severely sprained ankles; Intense pelvic, abdominal, and back pain associated with women's menses cycle; and Tension, aches, and tightness in the neck, shoulders, and upper back.

### What can I expect at Reclaim Your Health Chiropractic Care?

As your doctor I hope to help you regain control of your health and well-being.

To achieve this, I strive to create an open, honest, and direct line of communication with you. It is a personal priority of mine to make sure all of your questions and concerns about your health are thoroughly answered.

After I have completed a detailed history and physical examination of your health status, I will provide and explain my findings to you. I will educate you on different individualized care options so that you can make the most informed decision on the care plan that is right for you.

I realize that seeing a doctor can be a scary and intimidating experience. My hope is to create a safe and open environment for you to start the journey of Reclaiming Your Health.