

CHIROPRACTIC – IT’S ALL ABOUT HEALTH!

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Many people believe that they know all about chiropractic when in reality they have a very limited understanding of it. Most people know that chiropractors help people with backaches, neck aches, headaches, etc. – musculoskeletal aches and pains. While this fact is true, chiropractic gets great results with these conditions, chiropractic care has a lot more to offer the world.

Chiropractic is different. It doesn't address the body's symptoms, it addresses the **CAUSE** of the symptoms and malfunctions in the body. To understand chiropractic, one must understand a simple truth about how the body works. The central nervous system (the brain and spinal cord) controls every part of the body and it does this through the nerves that exit from openings between the spinal bones (vertebrae). Due to various stresses in life (physical, mental/emotional, and chemical) the bones of the spine can become misaligned (called a vertebral subluxation). These subluxations in the spine can occur very early in life, even during birth, and they affect the ability of the nerves to function properly. The nerves have one very important function, to send messages (mental impulses) to and from the brain. Simply put, if the spinal misalignment (subluxation) affects the ability of the nerves to send messages, then the parts of the body supplied/controlled by those nerves **CANNOT** function at 100%. This produces malfunction and poor performance in the body, and ultimately ill health and symptoms. For example, if a subluxation affects the nerves that go to your stomach, it can produce an excess acid production leading to ulcers. Or, if a subluxation affects the nerves that control the muscles in your shoulder, it can produce rotator cuff problems or bursitis.

Are the resulting symptoms the problem? No, they are just a sign of the underlying cause, the interference in the normal function of the nervous system. Most people (and health care approaches) address the symptom as the problem, and the most common approach is through taking drugs. Most drugs mask the symptom, not fix the cause of it. This can be very dangerous. The body created the symptom to let you know that there is a problem, a malfunction in the controlling mechanism of the body or an injury which requires time to heal properly. Removing the symptom (covering it up) without fixing the cause can lead to further damage/injury or a worsening of the condition over time. Also, all drugs have side effects, so not only do they not fix the cause, they cause unwanted side effects.

Chiropractic's approach is all-natural, using no drugs or surgery. Chiropractors understand that the body is extremely intelligent and it knows exactly how to heal



itself and to run itself properly. It needs no help, only no interference to its normal function.

When a chiropractor gives an adjustment (gentle re-alignment of the spinal bones) to a person's spine, they are actually "freeing-up" the nervous system to do its job of healing and controlling the body more effectively and efficiently.

Because chiropractors work with the nervous system, restoring it to a higher level of function, they see many conditions respond that are not typically thought of as "chiropractic problems". Here is only a partial list of conditions that often improve under chiropractic care: arthritis, allergies, bed-wetting, carpal tunnel syndrome, digestive problems, dizziness, ear infections, high blood pressure, learning disorders (ADHD etc...), menstrual problems, migraines, sciatica, scoliosis, sinus problems, etc..., the list goes on and on.

Chiropractic has been shown to be very, scientific, safe, effective, and affordable. It has been shown to help women have a healthier pregnancy and an easier delivery and it has been shown to improve athletic performance and prevent injuries by allowing more coordinated function of the body. Many reports of "miraculous" healing have occurred under chiropractic care for over 100 years. This happens because the body has a tremendous "innate (inborn) intelligence" that is set free to do its job when a person receives a chiropractic adjustment. Healing can only occur from the inside out, the body heals itself, and it does this better under chiropractic care. Chiropractic care allows the body to be stronger and healthier from the inside out, the way it was meant to be. Every man, woman, and child should be checked by a chiropractor to make sure their nerves are functioning at 100% so that they can achieve the 100% health that they deserve! You and your family deserve better health naturally. What are you waiting for? Discover what millions before you have already discovered. Discover chiropractic!