

The Truth Why Chiropractic Works!

As a Chiropractic Office, it is important to educate you on what chiropractic truly is and with that understanding help as many people as we can in our community lead healthier, happier lives.

I'd like to take this opportunity to tell you the facts about chiropractic.

Many chiropractors, including myself, do not consider ourselves to be bone doctors. We are most interested in the proper functioning of the **nerve system** that happens to be encased by the bones of your spine. The spine is made of many bone segments which house and protect the spinal cord. Smaller spinal nerve branches come off the spinal cord and exit between the bones. These nerve pathways carry information or messages between the brain and the cells of the body. These messages are essential for the life of the cells. We call this **innate intelligence**. Without brain messages, the cells immediately begin the process of dying; ie. They can no longer function the way they should to maintain life. Because the bones are movable, they can misalign in such a way as to interfere with the message and, ultimately, the ability of the person to function at their

best or express their optimum potential. These misalignments are called **vertebral subluxations**. People with vertebral subluxations are not able to get all they can out of life. **Vertebral subluxations can be caused by a wide variety of factors, what we'll generally call stress or the 3 T's, Trauma, Toxins and Thoughts (Emotional).** That means stresses can be physical (such as sports, accidents, tripping on a curb, picking up a child, birth trauma, sneezing), mental/emotional (in its many forms, probably the most familiar use of the word stress), or chemical (such as pollution, additives in foods). Subluxations can occur for a multitude of reasons.

Tragically, vertebral subluxations are rarely obvious to the individual they affect. They usually have no symptoms. The reason is that most of what goes on inside of you happens without your awareness. Research tells us that **only 10% of your nerve system can feel pain.** As an example, try to 'feel' your liver. What is it doing right now? You can't know, so you can't know if it's functioning at its best or something less. To complicate things, nerve pathways that carry messages of control (termed "motor" nerves) have no way of transmitting ache or pain messages, so your body function may be far from perfect and you'd not have any alerting signal whatsoever. This is a major reason why heart attacks and cancer are the leading cause of death in the US.

The purpose of chiropractic is to help your body remove these subluxations. Since so many different things may cause subluxations, many people choose to go to the chiropractor on a regular basis to enjoy the most time free of the life-robbing effects of vertebral subluxation.

"Chiropractic is not about your back, it's about your LIFE." Each person has a unique potential in life. With vertebral subluxation, it's impossible to realize that potential.

So we look at the one system that controls everything in the body, the nerve system, and see if there is interference in that system. **Then we leave it up to your body to heal itself!**

Because YOU were CREATED to be AMAZING!

