



## THE CHIROPRACTIC PARADIGM

This paradigm is based on two facts:

1. The body is self-healing and self-regulating.
2. The Central Nervous System is the master system that controls, coordinates and regulates every cell, tissue, organ and system in the body.

There is no part of the human experience that does not involve the nervous system. Interference with normal nervous function will distort or interrupt the body's innate ability to self-heal and self-regulate. Through adjustment of the protective vertebral column, Chiropractors remove interference from the NERVOUS SYSTEM allowing the body to heal and regenerate with healthy normal tissue.

### THE CHIROPRACTIC LIFESTYLE

Health & Wellness Promotion vs. Disease Care

Millions of people understand and recognize the importance of maintaining optimum function of the nervous system. As we become more educated we understand that health insurance is there for crisis care. If our house is in need of painting, gardens maintained, or grass cut, we take the responsibility to take care our houses. If we have a fire destroy part of the house the insurance covers that. It's the same for health insurance (MSP). It's there in times of crisis, emergency and trauma. But we shouldn't wait for the government to take responsibility for promoting our personal health. After all, we are responsible for maintaining our "human houses", the "vehicles" in which we live. In Chiropractic, we think of taking care of the nervous system as health ASSURANCE.

### WHAT CAUSES VERTEBRAL SUBLUXATIONS AND NERVE INTERFERENCE?

Physical, Chemical, and Environmental Stresses.

Physical stressors include habitual patterns like sitting at a desk all day, repeated daily motions, athletic injuries, motor vehicle accidents.

Chemical stressors include pollution, pesticides, food additives, drugs and alcohol and build-up of toxins in the body from sluggish circulation.

Emotional stressors include things such as work, relationships, traffic and incongruencies and unfinished business in our lives.

These cause changes in neurophysiological reactions and the vertebrae become misaligned and lose proper motion. The nervous system is then compressed, stretched or twisted and communications between the brain and body fail. By making adjustments to the spine that houses and protects the nervous system, Chiropractors normalize the body's inborn ability to self-heal and self-regulate and allow us to have a fulfilling human experience; physically, mentally, and spiritually.

We are here to share with, and offer to you, another way of living. It's a consciousness. It's a lifestyle. It's a choice. It's what we do every day and every night that makes a difference. A Chiropractic lifestyle includes exercise, proper nutrition and posture, R & R and good spinal hygiene. We encourage you to participate with us in creating a paradigm of health that inspires and empowers individuals to be fully who they are.....to meet your ultimate potential.

If you and your family would like to find a Chiropractor to include in your health promotion team, call today for your spinal assessment. This indeed is the first day of the rest of your life.

**CHOOSE WISELY!**