



WHY IT MATTERS

Subluxations that are not corrected on a regular basis lead to a condition called Osteoarthritis (OA) or Degenerative Disc Disease (DDD) of the spine.

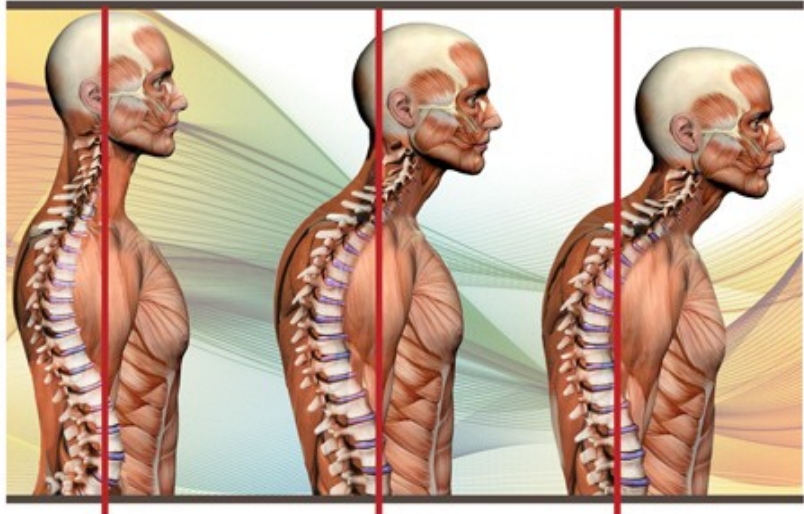
This is a progressive, destructive process that will eventually lead to a natural fusion of the spinal bones (vertebrae) and nerve death. From what we see in spinal cord and brain injuries we know that nerve tissue does not heal well.

As the nerve becomes less functional, your brain cannot regulate the function of the tissues the nerve is supplying. Wellness of the tissue is lost and the vitality of your body is put into jeopardy.

If enough of these problems accumulate, the very survival of your body is put at risk. Preventing this process is the basis of Chiropractic wellness care.

As your body deteriorates, your posture also suffers. Aside from making you look older and frail, this change in posture actually begins to pull on the spinal cord and

tractions the brain and brain stem out of the opening on the bottom of the skull. This tension on the nervous system increases problems in body function and can contribute to emotional and cognitive issues as well such as depression, memory loss and emotional instability. Many of the symptoms you have experienced to this point in your life were related to, or have affected, the function of your spine and nerves.



By undoing the problems that have been created in your spine, the nerves begin to function properly, tissues become healthier, your symptoms diminish and the vitality of your body is restored.

Your whole life experience is dependant upon how well you express the being you are, through the body you inhabit. The ride you have varies with the vehicle you are driving. What do you want your life ride to be? Until body transplants become available, you need to do your best to look after the only vehicle you have been given.

Chiropractic wellness care focuses on maintaining proper function of the body rather than the medical approach of fixing the body once it is broken. All of the old adages apply here. (i.e. "A stitch in time saves nine; An ounce of prevention is worth a pound of cure.") Prevention is far easier than correction.



GET ADJUSTED REGULARLY!

LIFE: The Rules

1. You will receive one body, of which, should you wear it out, you will have nowhere to live. You are expected to make alterations, improvements and maintenance on a regular basis. How you feed and care for your body is paramount in how long you will operate at maximum efficiency.
2. You will be enrolled in school from the first day of birth. Every day lessons will be taught. You will be given the opportunity to learn from these lessons. Some lessons will be thought of as stupid and irrelevant; some will be liked and enjoyed.
3. There are no mistakes, only "learning experiences." Growth is a process of trial and error along with experimentation. The failure experiment is just as important to our lives as the so called successful ones.
4. A lesson is repeated over and over for weeks, months or years until it is learned. This lesson will be presented to you in various forms by a variety of people in a variety of situations until you always score an A+, only then, can you go on to another lesson.
5. Learning never ends, there is no part of life that does not contain significant lessons. Everyday, every waking hour we are confronted with thoughts, situations and experiences from which we can learn.
6. "Over there" is never better than "right here." Whenever "over there" becomes "right here" we will always find another "over there" which appears better than the current "right here." (Read this three times. There is a great lesson "right here".)
7. Other People's mannerisms, quirks, or personalities which we love or dislike are merely mirror images of us in what we love or dislike within ourselves.
8. What you make of your life is up to you. You have been given all the tools and resources you need; what you do with them is up to you. The choice is yours.
9. A question, challenge or situation is never posed of us unless we are prepared and ready to answer the question, accept the challenge or right the situation.
10. What you see in the universe sees you.