

Heart Disease

Over 45% of All Deaths Are Due to Cardiovascular Disease!

Are your ***SUBLUXATIONS*** causing you an early demise?

A 1995 study indicated that unbalanced activation of the cardiac sympathetic nerves plays a crucial role in the development of sudden cardiac death! Last year, over 45% of all the deaths in Coles County were due to cardiovascular disease. If you are concerned about yourself or a family member suffering a heart problem, call our office and find out more about chiropractic and heart disease.

At Healing Touch Chiropractic, we have computerized tools that *can* assess how well your sympathetic nerves are functioning. Do you know how well your sympathetic nerves are functioning? Your life may depend on it!

Dr.'s Jarmel and Zatzkin showed that mechanical irritation of the upper thoracic vertebral joints (the vertebrae between your shoulders) may create a source of unbalanced cardiac sympathetic nerve activity. The results of their study with patients who had dysrhythmic cardiac abnormalities showed significant, enhanced cardiac balance following just one month of chiropractic care. A positive trend was also noted in ventricular beats—ST segment events, maximum time of ST depression and elimination of after-depolarization's.

In another study in 1997, researchers determined that there was a relationship between respiratory and cardiovascular function and spinal integrity. In a 1992 case study, the impact of chiropractic care on established cardiac risk factors, subjects' total cholesterol, high density lipoprotein (HDL), and cardiac risk factor (CRF) was monitored over a one to three year period. The purpose of this study was to relate the possible effects of regular chiropractic care to changes in lipid metabolism in a group of subjects exposed to a stressful environment. The results were profound; all of the subjects studied obtained marked reductions in their cardiac risk factor during the duration of the study.

Chiropractors Have Been Helping *Heart Problems* Since 1895!

Shortly after Dr. Palmer's first chiropractic case of restoring hearing to a deaf man, he came across a patient with heart troubles which were not improving.

"I examined the spine and found a displaced vertebrae pressing against the nerves which innervate the heart. I adjusted the vertebra and gave immediate relief - nothing 'accidental' or 'crude' about this. Then, I began to reason that if two diseases so dissimilar as deafness and heart trouble came from impingement, a pressure on nerves, were not other diseases due to similar cause?" D.D. Palmer.

Thus, the science and art of chiropractic were formed. The beginning of a new era of health care was born, a system to investigate the cause of disease and to care for the cause, not the symptom. This system was based on a wellness approach that allowed our bodies to heal naturally without the use of drugs or surgeries.

Wellness Chiropractic has always been about restoring health and wellness to the body, not just 'working' with neck and back pain.

Subluxation Degeneration

One of the more serious and potentially disabling effects of subluxation is **progressive spinal degeneration**. This process is relentless and is indifferent to the age of the unsuspecting victim.

Spinal subluxation degeneration begins shortly after the manifestation of subluxation. Research indicates that the degenerative process may begin within 10 days to 2 weeks upon acquiring a subluxation. It will progress until it has completely destroyed the disc and fused the spine, a potentially crippling and disabling state. If that is not bad enough, subluxation degeneration may destroy the spinal nerve system as it progresses, leading to further health problems.

Subluxation degeneration is characterized by 4 phases:

Phase 1:

- Spinal distortions visible on x-ray
- Abnormal nerve function
- Disc, joint and muscle swelling, inflammation or damage
- Minimal symptoms, if any

Phase 2:

- Disc degeneration, decay and instability
- Abnormal nerve function and transmission
- Abnormal calcium production and the beginning of arthritic spurring
- Increase in symptoms or none at all

Phase 3:

- Severe disc degeneration and decay - bone fusion begins
- Severe nerve interference - nerve failure begins
- Massive arthritic spurring, deformed vertebra and advanced calcium deposits on the spine
- Severe symptoms or none at all
- Muscular atrophy or weakness, permanent scar tissue and adhesions

Phase 4:

- Complete spinal fusion, massive bone deformation and severe arthritis
- Nerve system failure, and possible nerve death
- Failure of related organ systems
- Muscular atrophy or paralysis, loss of feeling and numbness
- A potentially terminal condition has been created

Are You Experiencing Digestive Problems?

Heartburn, Abdominal Pain, Ulcers, Nausea, Diarrhea and Indigestion

Digestive problems are an epidemic in our society. Just watch television one evening and you'll see a parade of various drug commercials for digestive complaints. They have become so common that people have just accepted their condition as "normal" and try to learn to live with it. They soon realize that they can't "live" with digestive problems, only "suffer" from them. They then turn to the usual medical remedies and further complicate their health potential.

Breakthrough studies have examined new alternatives to the treatment of digestive problems. Dr.'s Andrei Pikalov, M.D. and Vyatcheslav Kharin, M.D., examined the effectiveness of spinal manipulation (chiropractic adjustment) in the treatment of internal organ disorder (ulcerous disease) in a hospital setting. Sixteen men and women with confirmed diagnosis of ulcers took part in the study. The study compared the effectiveness of usual medical care to spinal adjustments, with both groups having a standard diet. The results revealed that the spinal adjustment is much more effective at both reducing pain and clinical remission of ulcers, in fact, the spinal adjustment group healed an average of ten days faster than the medical group. This was confirmed with an endoscopic examination. Other studies on digestive problems have shown equally positive responses with chiropractic care.

How is this possible? Remember, the nervous system controls the function of every cell, tissue, and organ in your body. What do you think would happen to your digestive tract if the interference to the nervous system was removed by correcting subluxations that interfere with the performance of your nervous system?

In Chiropractic, we don't 'treat' the digestive problem, we remove the interference in the nervous system and allow the body to heal itself naturally and without side effects. This is why so many people are turning to chiropractic as part of their journey to wellness. It is imperative that you maintain a healthy nervous system to retain a healthy body!

My son suffered from rare chronic abdominal pains!

"My son Ryan developed awful stomach pains at the age of two. He had suffered from them for the last three years at a frequency of three times per week. Ryan would wake in the night with this abdominal pain and he would also have to come home from school. It interrupted his Tae Kwon Do lessons and the awful pains affected other aspects of his life. He saw six different doctors, even a pediatric specialist (who did research on him). He's had x-rays, blood tests, ER visits and he's even been hospitalized. The doctors claimed he had rare abdominal pain. They told him that he would have to learn to live with it. A child of this size having to live with such pain made no sense to me. After hearing about what wellness chiropractic could do for people of all ages, I decided to have my son examined. After his first week of adjustments, his stomach pain completely went away and hasn't returned. I am so pleased to be able to watch my son go through life without pain that hindered him for so long."

PMS

Premenstrual Syndrome

Premenstrual syndrome is often talked and joked about even by the very women who suffer from it. It is marked by unexplainable and unpredictable symptoms in women from mood swings to murder. PMS is a serious problem and should be taken seriously as four out of ten women of child-bearing age experience PMS symptoms. Researchers describe PMS as an abnormal response to normal hormonal changes producing a host of symptoms including irritability, mood swings, tension, ineffectiveness, lack of motor coordination, mental fog, altered eating habits, variations in sexual drive and social impairment.

Most women decide either to suffer with it or to take prescription drugs with potential serious side effects. Few women consider chiropractic as an option for care. Studies show surprising benefits from chiropractic care for women who suffer from PMS. In one study, women with PMS histories were given chiropractic adjustments. The care continued for four menstrual cycles and consisted of 5-7 adjustments per month. They were evaluated in ten different categories of symptoms (irritability, mood swings, tension, ineffectiveness, lack of motor coordination, mental/cognitive functioning, eating habits, variations in sexual drive, overall physical symptoms and social impairment). The subjects showed improvement in all ten categories with significant improvements in the areas of sexual drive, social impairments and mood swings.

In an article published in the Chiropractic Journal of Australia titled *Premenstrual Syndrome: A Clinical Update for the Chiropractor*, Dr. Walsh states, "**A Holistic chiropractic management regime offers the possibility of a safe, effective method of reducing many of the symptoms of PMS.**"

It is important that any woman suffering from PMS consider a **Wellness Chiropractic Evaluation** to determine if chiropractic care may benefit. This may be the natural solution for you or a loved one.

Ear Infections

Ear infections have become a real concern in our society. Most children suffer from multiple episodes during their childhood years. An estimated \$3.4 billion is spent every year for medications and surgeries! A study published in the Canadian Family Physician stated that 97.9% of American children diagnosed with ear infections were given antibiotics and there was a "definite need for antibiotics in only 5-10% of those cases."

The rate of ear infections is soaring and medical science has failed to find an answer. The reason why they have failed is because the cause of ear infections are not micro-organisms. The cause is an abnormally lowered immune response in the inner ear.

There is a solution to this growing problem. The real solution lies in locating the cause of the lowered immune response in the ear. German researcher G. Gutrnan identified children who suffer from Blocked Atlantal Nerve Syndrome have lowered resistance to ear, nose, and throat infections.

- **What is the cause of this syndrome?**

Typically, the stress on the neck during the birth process.

- **What is the solution?**

Only a chiropractic adjustment has been shown to be effective!

"Chiropractic can often bring about amazingly successful results."

Pregnancy, Chiropractic, Back Pain and Labor

Approximately 1/2 of all pregnant women complain to their doctors about back pain. In a three-part study performed by Joan M. Fallen at Yeshiva University, 65 women were used as subjects. All of the subjects received chiropractic care from at least the 10th week of pregnancy through labor and delivery. Their average labor times were recorded and compared to average labor times as statistically averaged by at least 4 sources, as well as compared to those of a local midwife/obstetrician practice. In the second part of the study, a questionnaire regarding the levels of back pain was given to determine any changes that might result due to the chiropractic adjustments.

The study found that "chiropractic care significantly reduces labor time!" The labor time was decreased by 24%-39% (as compared to national averages). The study also revealed a significant reduction in back pain with chiropractic care. Each woman reported at least a 50% reduction in back pain, some as high as 100%, as a result of the chiropractic care.

If you or a loved one were pregnant, wouldn't you want to experience less pain and discomfort through your pregnancy? Wouldn't you want to decrease your labor time by hours? Since nearly all medications can be harmful to health of your baby, chiropractic becomes the obvious choice. Wellness Chiropractic is the natural choice for a quicker and less painful delivery. We use special equipment and tables just for pregnant women. It's safe and effective!

Children & Chiropractic

According to the figures released by the National Association of Teachers, over 35% of all school-aged children have been diagnosed and labeled disabled (including physical, mental and emotional disorders, as well as learning disabilities). The fastest growing population in the United States is now children with disabilities. Millions of children are being drugged everyday before going to school. These children need an opportunity to be treated naturally before resorting to chemical treatment with proven harmful side-effects. Many studies have been done on children and chiropractic, and the following information was found:

In a study designed to determine the characteristics of 217 children attending a chiropractic college teaching clinic, it was found that pediatric patients had common complaints of ear-infections, sinus problems, allergies, bedwetting, respiratory problems, and gastro-intestinal problems. After undergoing chiropractic treatment, complete or substantial improvement was noted in 61.6% of pediatric patients. In another study, children from 27 days to 5 years old who suffered from ear infections were studied to determine if a correlation existed between chiropractic care and ear infections. It was found that with chiropractic care, the recurrence rate over a six month period for acute ear infections was 11.02% and 16.34% for chronic ear infections. It was concluded that there is a strong correlation between the chiropractic adjustment and the resolution of ear infections for children in the study.

Chiropractic may help children with a number of health problems such as ear infections, colic, ADD/ ADHD, gastro-intestinal problems, upper-respiratory infections, and many more. Every child should be checked for subluxations! To show you how strongly we feel about this, we check all children, free of charge, for subluxations.

Sources:

Chiropractic and the Disabled Child by Bobby Doscher, D.C. Editorial in *Chiropractic Pediatrics* Vol. 1 No. 4 May 1995.

Characteristics of 217 children attending a chiropractic college teaching clinic. Nyiendo J. Olsen E. *JMPT*, 1988; 11(2):78084.

The role of the chiropractic adjustment in the care and treatment of 332 children with otitis media. Fallen, JM. *Journal of Clinical Chiropractic Pediatrics* Vol 2, No. 2 1997 p. 167-183.

“Birth Trauma at my age?”

Traumatic Birth Syndrome

A patient asked me a typical question the other day. "What caused my neck problem?" He was shocked to discover that the reason why many individuals suffer from neurological problems and health challenges as adults are from subluxations that were caused during the birth process. Signs and symptoms typically don't show up until later in life, yet rob the individual of their health, vitality and wellness.

Dr. Godfrey Gutman, medical researcher, discovered that more than 80% of the infants that he examined shortly after birth were suffering from injuries to the cervical spine (the neck), **causing all types of health problems.**

"If a child is subluxated at birth, that child's perception of the world is distorted and their ability to respond to the world is compromised. This has severe implications throughout the life of that child. We **are** dealing with the single most devastating event in most individuals' lives, it's really that important. Every child should be checked for subluxations as soon as possible after birth." Dr. Christopher Kent stated.

Dr. Towbin, of the Harvard Medical School's pathology department, found that "the birth process, even under optimal conditions is potentially a traumatic, crippling event. Spinal cord and brain stem injuries occur often during the process of birth, but frequently escape diagnosis"

As a chiropractor, we would much rather examine and adjust every newborn than to have to deal with a lifetime of health problems. We would rather adjust the newborn than wait 26 years and learn that the young person developed gall bladder disease in the areas where the nerve tissue was injured and compromised since birth.

At the Rockefeller Institute, Dr. Arpad DeNagy determined that interference to the nervous system, due to spinal stress, resulted in serious damage within a short period of time. He recommends that stabilizing bio-mechanical care should begin as soon after birth as possible. Furthermore, he indicated that this spinal stress tragedy may take sixty years to develop fully!

"The entire birth process, from conception and pregnancy to delivery and post-delivery, can lay the foundation for later mental and physical dis-ease, which may lead to disease. We now know that the trauma surrounding the birth process is engraved as imprints in the developing nervous system of the fetus and newborn." Arthur Janov, Ph.D.

Every child should be checked for subluxation. It's painless and safe.

Blood Pressure Drugs May Do More Harm Than Good!

The potential benefits of taking medication to lower high blood pressure (antihypertensive) may not outweigh their negative effects on the quality of life for some patients, reports a study funded in part by the U.S. Department of Health and Human Services' Agency for Health Care Policy and Research.

Side effects of these medications include fatigue, weakness, headache, joint and stomach aches, nausea, impotence, and urinary tract problems. Often, the reduction in blood pressure was not significant for some patients, despite the numerous side effects caused by the drugs.

Researchers from the University of Wisconsin at Madison interviewed 1,430 randomly selected adults 45 to 89 years old. They obtained medical histories and measured the subjects' health status using a variety of measures and self reports.

Of those interviewed, 519 reported being affected by hypertension for more than three years. Persons with hypertension scored lower on the "overall health" test than those whose blood pressure was normal.

But, of the people with high blood pressure, those taking increasing numbers of antihypertensive drugs scored the lowest of all.

SOURCE: "Health status and hypertension: A population-based study," by William F. Lawrence, M.D., M.S.; Dennis G. Fryback, PILD.; Patricia A. Martin, M.A, and others. *Journal of Clinical Epidemiology*, November 1996.

Hospital Infections Kill 12 People An Hour

Hospitals are supposed to be a safe place to go when someone gets sick. However, a recent investigative report in the Chicago Tribune revealed that in 2000, an estimated 103,000 deaths were linked to infections acquired in U.S. hospitals. This makes our hospitals one of the most hostile environments and most dangerous, infectious places on earth. The problem is so widespread that hospital-acquired infections are ranked as the fourth leading cause of death in the United States.

According to Michael J. Berens, Chicago Tribune staff reporter, "A hidden epidemic of life-threatening infections is contaminating America's hospitals, needlessly killing tens of thousands of patients each year." What's more, the article noted, nearly three-quarters of the deadly infections were preventable! This was the result of unsanitary facilities, germ-laden instruments, unwashed hands and other lapses.

The article also quoted Dr. Barry Farr, a leading infection-control expert and president of the Society for Healthcare Epidemiology of America. "The number of people needlessly killed by hospital infections are unbelievable, but the public doesn't know anything about it. For years, we've been bundling the bodies of patients off to the morgue while infection rates get higher and higher."

The report highlighted a 1998 case in Chicago, where several workers tended without washing their hands—even though they were ill. As a result, eight children died of infection. "The flu-like outbreak, which the city of Chicago never revealed to the public, was halted weeks later after three dozen sick healthcare workers were ordered to stay home," the report revealed.

The *Tribune* conducted extensive research for the report, analyzing records gathered among 75 federal and state agencies, as well as internal hospital files, patient databases and court cases around the nation. The result is the first comprehensive analysis of preventable patient deaths linked to infections within 5,810 hospitals nationally, it noted. "Since 1995, more than 75% of all hospitals have been cited for significant cleanliness and sanitation violations," the paper reported.

SOURCE: "Infection epidemic carves deadly path: Poor hygiene, overwhelmed workers contribute to thousands of deaths," by Michael J. Berens, *Chicago Tribune*, Jul 21, 2002 in

Conclusion

Drug Mistakes Kill

100,000 Hospital Patients Each Year.

The American medical profession has been reluctant to admit it, but the truth has finally been revealed. A report in the *Journal of the American Medical Association (JAMA)* confirmed that hospitals can be extremely dangerous to one's health. In fact, adverse drug reactions (ADRs) in U.S. hospitals may be responsible for more than 100,000 deaths nationwide each year, making it one of the leading causes of death in the United States. More than two million patients experienced reactions which, while not fatal, were deemed serious.

The study was conducted by Bruce H. Pomeranz, M.D., Ph.D., and colleagues from the University of Toronto. The authors estimated that 2,216,000 hospital patients experienced a serious ADR and 106,000 deaths were caused by ADRs in the United States. This could account for 4.6% of all causes of recorded death in 1994, making these reactions between the fourth and sixth leading cause of death. The authors defined a "serious ADR" as one requiring hospitalization prolonging hospitalization, or one that is permanently disabling or results in death.

The researchers voiced surprise that the incidence of ADR was so high, considering the much touted advanced in "modern medicine." They wrote: "This result seems surprising since great changes have occurred over the last four decades in U.S. hospitals that should have affected the incidence of ADRs. Perhaps, while length of hospital stays are decreasing, the number of drugs per day may be rising to compensate."

The authors determined that ADRs are one of the leading causes of death by using the highest and lowest possible estimates. Using the higher estimate placed ADRs as the fourth leading cause of death, behind heart disease (743,460 deaths), cancer (529,904 deaths) and stroke (150,108 deaths).

Using the lower estimate placed ADRs as the sixth leading cause of death behind those previously mentioned, as well as pulmonary disease (101,077 deaths) and accidents (90,523 deaths). ADRs would then rank ahead of pneumonia and diabetes.

The authors concluded: "While our results must be viewed with some circumspection because of the heterogeneity among the studies and small biases in the sample, these data suggest that ADRs represent an important clinical issue."

SOURCE: *The Journal of American Medical Association (JAMA)* April 15, 1998.

What Would Happen If The Medical Doctors Went On Strike?

What a frightening thought it is to think what would happen if the medical doctors decided to strike! People would be suffering and dying needlessly... or would they?

Current literature indicates that nearly 200,000 Americans die per year due to medical related causes. The Journal of the American Medical Association reported that adverse reactions to drugs in hospitals kill 100,000 Americans each year and seriously injure another 2,216,000. A Harvard study revealed that 155,000 Americans die per year as a result of medical accidents. The National Pharmaceutical Council stated that 125,000 deaths occur in the United States because of improper administration of prescription drugs. The American Medical News reported that 198,000 patients in the United States die each year due to medical mishaps. If the many current articles are correct, many people might be better off without medical care.

- In 1976, the medical doctors of Bogota, Columbia, went on strike for 52 days. The death rate dropped 35%.
- In 1976, the medical doctors of Los Angeles, California, went on strike because of their high malpractice premiums. They saw only those patients who were seriously ill or needed critical surgery. There was an 18% decrease in the death rate during that period of time. When the doctors returned to full time the death rate returned to the higher level.
- In 1973, doctors in Israel reduced patient contact by 90% for one month. The Israeli death rate dropped by a staggering 50% during that month.
- In March of 2000, the medical doctors from Israel Medical Association went on strike to protest a new contract. The death rate dropped by 39% as compared to the prior year.

Chiropractic should be the first choice for health care;
drugs and surgery should be a last result!

Drug Labels

Companies urged to list active ingredients.

Many prescription and over-the-counter drugs contain ingredients which can cause seizures, headaches, bronchospasm and diarrhea. Yet, as serious as these side effects are, the ingredients are not listed on the bottle!

Since they are considered "inactive" ingredients, drug companies can put a wide variety of sweeteners, dyes, coloring agents and preservatives into their drugs and do not list them on the packages.

The FDA has approved nearly 800 of these chemicals, even though almost all of them can cause negative side effects in some people.

The problem is particularly serious when it comes to drugs made and marketed for children, who are often more sensitive to these chemicals.

According to a recent survey of labeling on 102 chewable and liquid pediatric pharmaceuticals, 90% contained sweeteners, 80% contained dyes and coloring agents, and 65% contained preservatives. Most did not detail which sweeteners, dyes or preservatives were used.

Listing the specific ingredients is voluntary, and manufacturers can avoid listing them by saying they are protecting their "trade secrets."

Ironically, when the FDA proposed major drug labeling changes, it made no mention of listing inactive ingredients, even those which might pose health risks to consumers. Instead, the main provision of the proposed regulation merely involves a new label format, going so far as to specify a "bulleted, easier-to-read format," and minimum type sizes and styles.

Should I Get A Flu Shot?

What is the Flu? The Flu is a respiratory infection that produces chills, fever, sore throat, muscle aches and lasts about a week.

Each year millions of people rush to get their annual flu shot hoping to stay healthy and well through the coming flu season. The results seemed to mixed. Some people do seem to make it through the flu season unscathed, but others have less favorable results. Each year, I have one or two patients hospitalized as a result of bad reactions after their flu shot. I watch numerous patients immediately acquire the very sickness they are trying to avoid and I witness others who get the flu later during the season anyway.

Why is this? Some people have bad or allergic reactions to the preservatives and chemicals in the flu shot. In addition, researchers have found that repeated flu shots may actually lower your natural antibody levels thus making you more susceptible to the infection.

What about more serious consequences and side effects? Dr. Hugh Fudenburg, M.D., the world's leading immunogeneticist and one of the most published biologists of our times states, "If an individual has had 5 consecutive flu shots, his/her chances of getting Alzheimer's Disease is 10 times higher then if they have had 1, 2 or none. This is due to the mercury and aluminum in every flu shot. The gradual mercury and aluminum build-up in the brain causes cognitive dysfunction." Another common side effect is Guillain-Barr Syndrome, which is an immune mediated neurological disorder.

Instead of injecting poisons and toxins into your body this year, improve your immune system with chiropractic wellness care and a healthy lifestyle.

The Chiropractic Meaning of Life

There is a distinct chiropractic view of health, that health is much more than just how you feel, it's how you function and express yourself. Health is a state in which your body can express: 100% of your human potential, 100% of the time.

There is an inborn intelligence in all living things that naturally gives us our instincts and information to survive, thrive, and adapt in this ever-changing world. It's the expression of this inborn intelligence through our nerve system that allows our body to perform at 100%. This is the chiropractic meaning of life.

Your life is an expression of this intelligence through your body. The quality of your life is indeed directly proportional to the ability of your nervous system to express this intelligence through your body without interference to this process.

How well is your nervous system performing? Wellness Chiropractic removes interference and disturbances in the nervous system, allowing you to express yourself to your fullest potential.

Wellness chiropractic has always been and always will be about restoring health and wellness to the body, not treating back and neck pain. Wellness Chiropractic is a lifestyle that creates well-being, improves your quality of living, and improves your performance at every level. Have your family checked for interference to their nervous system today.

Subluxations

Your central nervous system (brain and spinal cord) is responsible for sending messages to every cell, tissue, organ and system in your body. This communication is made possible by your spinal neurologic network. This vast communication network is in charge of virtually every function in your body and determines whether you enjoy good health or disease. The central nervous system is so important that nature built armor around it - your skull and spinal column. However, even with this inborn protection, our nervous system can experience interference, injury or disturbance. We call this damage to our nervous system a Subluxation.

Your examinations have determined that you have one or multiple subluxations that exist in your spinal neurologic network. This could potentially be a very serious threat to your continued overall health and well-being. Subluxations can have devastating effects on your overall health and well-being. Our primary goal is to detect and correct the subluxations that are interfering with your nervous system and health, thus allowing your body to heal and establish a healthier you.

Subluxations are often called the "Silent Killer" because of their nature of not causing any pain until they are quite progressed. Subluxations usually go undiagnosed for years as they deteriorate your overall health potential in the process.

All individuals of all ages should be checked for subluxations.

How would you define Good Health?

There is a greater dimension to health than just feeling good

Many people answer this questions by saying, "good health is feeling good." This is nice, but it has very little to do with having good health.

What is Health? There is so much more to being healthy than how you feel! The World Health Organization defines health as: A state of optimal physical, mental, and social well being and not merely the absence of disease or infirmity. Webster's defines health as: A state of wholeness in which all organs are functioning 100%, 100% of the time. Health is not just how you feel, it's how you are functioning. Thousands of Americans die of heart attacks each and every year and the heart attack is the first sign of disease.

You can't wait until symptoms show up before you decide to act. Symptoms are a poor barometer of health and usually show up late in the disease process. Would you rather choose a lifestyle of wellness so your body functions at an optimal level, or live the typical American lifestyle and unknowingly allow various diseases progress to a level of crisis before you seek action?

Where does health come from? Health comes from within. Your body has the inborn ability to heal itself naturally. You were born to be healthy. The catch is, in order for your body to be able to heal itself it must be free from interference in the nervous system. The nervous system controls the function of every cell, tissue, organ, and system in your body. **The number one cause of interference to the nerve system in science today is the vertebral subluxation.**

Creating Wellness! Wellness is the process of attaining health, happiness, and vitality, allowing you to live your life to its fullest potential. My wish to you is to live your life to its fullest and improve the quality of your life by creating wellness naturally.

The Chiropractic Paradigm

Your Body is a Self-Healing Organism

The body is a self-healing organism: it has the ability to heal itself without drugs and surgery. For instance, if you cut your arm, the body can heal the cut without band aids or antibiotics. Your body has within it an inborn ability to heal itself, in fact, all living things have the ability to heal themselves naturally.

If your body has the ability to heal itself, why doesn't it? Sometimes we don't give our body enough time to heal on its own or the actual cause of the problem is still present, interfering with the healing process. Most patients who develop health challenges search for a pill or a potion to relieve their discomfort instead of locating the cause of the problem and removing the cause. By removing the actual cause, it allows our body an opportunity to heal naturally. For example, infections are not a lack of antibiotics in our blood stream, they are caused by a suppressed immune system. Why is your immune system suppressed? Poor diet, no exercise, stress, or maybe nerve interference. If the body is a self-healing organism, why take medicine? Why not find out why the body isn't healing itself like it should and remove the interference?

The next time you think about popping a pill or visiting your doctor for a problem, think about what is causing the problem, not how to cover it up. Remember, healthy people don't get "sick," only unhealthy people get sick.

Chiropractic can benefit everyone! If you have a friend or family member who you would like to refer, let us know (893-3150)! We would love to enlighten their life with the miracle of chiropractic!

How To Receive A Great ADJUSTMENT!

Follow These Simple Steps

1. Your adjusting time is your healing time, so turn your awareness internally to your body and let go of the outside pressures of home, work, and life.

2. Develop a Wellness Chiropractic Lifestyle. We encourage you to participate in the learning experience in our open adjusting suite. This is your opportunity to receive more value with every visit as you interact in a wellness discussion. Participation is optional; if you choose not to participate, please be courteous to others by turning off cell phones, talking quietly, and keeping children respectful of others.

3. Please lay face down as soon as an adjusting table is available. Relax, consciously clear your mind and body, letting go of any stress pent up within. Develop a calmness as you prepare your body for the adjustment.

4. Neurosurgery without a scalpel. There is incredible power with every adjustment. Focus your mind's eye internally on your energy being released and your life force being restored, thus empowering your adjustment. See and feel the nerve impulses and energies being released to your organs, tissues, and every cell in your body. See yourself as a well-orchestrated symphony of trillions of cells beautifully conducted by your nervous system.

5. Allow yourself to heal. Know that you are completely capable of healing yourself and allow the magic of the life-force inside of you to nurture you.

6. Rather than automatically leaping up after your adjustment, take a few breaths and move purposely. You have the opportunity to live an abundant, vital, and inspired life with optimum performance at every level.

If you have a friend or family member who you would like to have their nervous system checked for subluxations, let us know (893-3150)! We would love to enlighten their life with the miracle of chiropractic!

Subluxations, If Left Uncorrected, Have Devastating Effects on Our Health!

We learned with the first component of the chiropractic paradigm that the body is a self healing organism, in the next component, we discovered that our nervous system is what is responsible for the function of every cell, tissue and organ in our body. In the third component of the chiropractic paradigm, we find that subluxations damage the ability of our nervous system to communicate properly. The fourth component teaches us that the interference to the nervous system from subluxations is devastating to our health potential, even life threatening.

The nervous system, when interfered with, begins a progressive downward spiral regarding our health and well-being. When our nervous system is subluxated, it no longer has the ability to respond appropriately to the environmental stresses we place upon our body. Subluxations may lessen our bodies ability to perform at every level: our immune system may be hampered, our emotional stability becomes fragile, our mental clarity may be cloudy, our organs may not function properly, and sometimes even fail. Our strength and coordination becomes weak and clumsy, and even our genetic expression may be damaged. If this isn't bad enough, subluxations continue to worsen over time as our body slowly deteriorates. Recent studies confirm our worst fears about subluxations.

Subluxations have become known as the "silent killer" because of how they destroy our health, often without symptoms. Every man, woman and child should be checked for subluxations and possible nerve interference! When was the last time you and your family were checked for subluxations?

If you have a friend or family member who you would like to have their nervous system checked for subluxations, let us know, we would love to enlighten their life with the miracle of chiropractic!