

The Cause

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 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.

What caused my subluxations? There are three commonly recognized causes of subluxations— physical trauma, chemical toxins and emotional stress.

1. Physical trauma is what most patients blame for their subluxations. "I slept wrong" or "I lifted something heavy." There are many causes of physical stress to our bodies throughout our life from being born, learning how to walk, learning how to ride a bike, slips and falls, car accidents, sports injuries, hobbies and work injuries. There are a multiple number of physical causes that may be responsible for our subluxations that have accumulated over our lifetime.

2. Chemical toxins are often overlooked as a cause of our subluxations. Chemicals are a direct poison to our nervous system. Chemicals can interfere with or disturb the functions of our nervous system just as easy as a trauma. What many of us don't realize is just how many chemical toxins we expose ourselves to on a daily basis. The list includes: food dyes, sweeteners, preservatives, chemicals in our air and water, hormones in meats, processed foods, caffeine, nicotine, prescriptions and over the counter drugs, cleaning chemicals, perfumes, hair spray, detergents...the list goes on and on. We are a chemical dependent society and these chemicals poison our nervous system resulting in subluxations everyday.

3. Mental and emotional stress is the most common cause of subluxations in the world today. Our nervous system filters and processes stress on a moment to moment basis. When our nervous system is overwhelmed by the constant or chronic stress that we endure on a daily basis, it breaks down resulting in chronic subluxations. When we are worried, fearful or stressed, when we experience relationship, money or job problems, when life just doesn't seem to go our way, it takes its toll on our nervous system. Stress is inescapable in our society and a frequent subluxation producer. During your Path-To-Wellness care plan, our goal is to remove your subluxations, optimize your health and provide you with real life strategies to eliminate or reduce your physical, chemical and emotional stressors. Thus, providing you with lasting results and lasting health.