

YOUR BODY, YOUR HEALTH, YOUR CHOICE

JUNE 2009

WHAT CAUSES ILLNESS? WHAT CAUSES DISEASE?



Are some people just born to be sick while other people spend their entire lives being healthy?

I don't think so.

Understanding the cause of illness allows us to reach and maintain an optimal state of health. Think of it this way ... Germs are seeds and our bodies are the soil. Many people mistakenly believe the cause of disease is from the seed, or the germ. However, if the 'germ theory of disease' were correct, there would be no one living to believe it.

There are agents of disease surrounding us all of the time. Viruses and bacteria are everywhere we go and on everything we touch, but they cannot affect us unless we are susceptible.

They can only affect us if our immune system is not strong enough to fight it off and adapt to the environment.

As long as our body, or the soil, is attuned to the natural flow of life and therefore having a strong resistance, optimal health is the only thing that can occur.

We see this truth in the words of Claude Bernard, "Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them."

Chiropractic is a science that uses the natural, innate power of the body to achieve and maintain optimal health. When our body is in line with the natural flow of life, we express it at our fullest potential. When interferences occur, our health becomes hindered and our body is more susceptible to disease.

Vertebral subluxations are a common interference in the nerve sys-

tem. Vertebral subluxations impair normal nerve flow, thus weakening the body's immune system, making us susceptible to disease. Chiropractors are doctors who are specifically trained to analyze the spine and correct vertebral subluxations, restoring and maintaining the true health we deserve to enjoy. Germs are a part of the disease process, but they are not the direct cause of disease. It is the body's susceptibility to germs that is the cause of disease.

We are all born with the natural, innate ability to be healthy and fight disease. We need to keep our "soil" healthy and strong with regular chiropractic care to increase the body's ability to ward off disease.

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ADAPTOCRINE

Adaptocrin® contains a broad spectrum of herbal adaptogens, clinically validated to support healthy adrenal feedback loop function.

Adaptogens are plant compounds that have demonstrated a balancing effect on the hypothalamus, adrenal, and pituitary glands under times of stress. The ma-

ior benefit of this product is to help decrease the impact of stress on the body. The ingredients are carefully selected not only for their clinical effectiveness, but also for their overall synergistic action.



How Does Stress Affect The Nerve System?

Stress is a normal everyday occurrence, but the body's *inability to adapt to stress* is like a time bomb waiting to explode.

Physical stress can result from accidents, falls and poor posture. Because the spine is a lifeline for the body,

poor posture may indicate spinal misalignments. Part of the brainstem enters the first vertebra of the spine; however, if this vertebra is not in proper alignment, abnormal pressure may be placed on the brainstem and the nerves originating from that area.

The body's health is seriously affected by this pressure and a Doctor of Chiropractic is the only health care provider trained to detect vertebral subluxations. Through a series of gentle adjustments, the chiropractor realigns the spine for the restoration of health.

“The body’s inability to adapt to stress is a time bomb waiting to exploded”

THE CHIROPRACTIC MODEL

The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is

to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the *Chiropractic Lifestyle*. I commend you for taking charge of your health and the health of those you love!



Guideposts on the Way to Your Dreams!

News Service

-Jeff Herring, Knight Rider

You are never given a wish without the power to make it come true. You may have to work for it, however.

-Richard Bach

It's OK to dream big if you are willing to take enough action to make it happen.

-Lollie McLain

What is your BIG dream? Most of us have dreams but are not willing to do what it takes to make them become reality. If you are willing to work hard, here are some tips to help make your dreams come true.

Desire...Every dream starts with a burning desire: a passion to change something, to make a difference.

Decision...Add to desire the decision that failure is not an option.

Determination...You will always encounter obstacles on the way to your dreams. Determination keeps you moving forward in spite of setbacks, discouragement and all kinds of difficulties.

Responsibility...This means the ability to respond. It also means that you are the one in charge of making it happen. There is no room for "It's not my fault" or "I tried."

Resources...Use the resources around you. Ask for advice. Ask for help. There are people in your life who have either done what you are doing or who are in the middle of doing it. Ask them how they did it.
Use your resources.

Enthusiasm...The people who are living their dreams are usually lots of fun to be around. One reason is because they bring such passion and enthusiasm to what they do. Work becomes fun. The really wonderful side effect is that enthusiasm gives you a great deal of energy.

Energy...An absolutely necessary ingredient to living out your dreams is lots of energy. Often the only difference between those who live their dreams and those who don't is that "dream catchers" keep on going while "dream droppers" get tired and quit.

Attitude...You must have the attitude that nothing will stop you no matter what. You've got to live the Japanese proverb: "Fall down eight times, get up nine."

Action...You can have all the above ingredients in full and still not get anywhere. *You have to do something about your dreams every day.* You have to take action, sometimes a little bit each day, sometimes a lot.

Momentum...If you put the above nine tips into action, you will build a momentum that is virtually unstoppable. Momentum carries you through the low and weary times, and makes the obstacles that were once huge boulders mere pebbles in your path.

***There Are Few Things In Life As Satisfying As Living Out Your Dreams...
Get Started On Yours!***

THE CHIROPRACTIC WAY !

“ The chiropractic approach to healthcare is holistic, stressing the patient ’ s overall health and wellness. It recognizes that many factors affect health, including exercise, diet, rest, environment, and heredity. Chiropractors provide natural, drugless, non-surgical health treatments, and rely on the body ’ s inbuilt recu-

perative abilities. They also recommend lifestyle changes - in eating, exercise, and sleeping habits to their patients. ”

“ Chiropractors emphasize the importance of healthy lifestyles and do not prescribe drugs or perform surgery. As a result, chiropractic care is appealing to many

health-conscious Americans. Chiropractic treatment has become more accepted as a result of recent research and changing attitudes about alternative healthcare practices. ”

