

## **The Biggest Mistake You'll Ever Make**

When it comes to your health, the biggest mistake you'll ever make will be to **underestimate** the dangers of vertebral subluxation. Patients are often confused with the nature of the chiropractic adjustment. The purpose of the chiropractic adjustment is to calculate a specific force, introduce it into a subluxated vertebrae, release the vertebrae from its stuck position interfering with your nerve supply, and allow the bodies intelligence to once again flow freely over your nerves.

Does this mean or suggest that at some time the vertebrae will stay in their naturally intended position forever, at some point in time, from the adjustments? The answer is NO. They do not stay forever, however, they do start to stay in place for longer periods of time as your structure improves from chiropractic care, but they are never free of the dangers of re-subluxating.

The secret is staying regularly adjusted, because IT'S YOUR INSIDES THAT CHANGE from keeping your nerve pathways open!! That's right, when you make the effort to stay adjusted Chiropractically, you keep the power flowing that makes you healthy. By not letting the power shut off, you change on the inside.

Regular chiropractic adjustments keep allowing the intelligence that flows over your nerve supply from your brain to body to heal all parts of your body, and allow for NEW tissue to replace the old, and keep flowing so you can stay healthy. Once you stay regularly adjusted, your pains and symptoms disappear, but that's no reason to drop what was so important to your health.

If you plan to stay healthy, after you work so hard to get healthy, then regular chiropractic care must be in your plans. Or you will re-subluxate, and suffer loss of health again.

## **REGULAR CONSISTENCY!!!**

**(You must! be consistent with your recommended appointments to obtain the results you are seeking.)**

Missing your appointments that are based on your doctor's recommendations is the most critical interference to your getting well. Chiropractic works so well when you use it correctly. Don't sabotage your care by underestimating the importance of frequent and regularly kept appointments. Not only do nerve channels have to be kept open, but enough time allowed for full healing to take place. So don't be impatient, be prepared to allow the time necessary to heal.

Being adjusted on those days you feel well is just as important as the days you feel pain or symptoms. When you first start to feel well with chiropractic care, your body is just starting to eliminate the built-up accumulation of damaged sick cells and tissues inside.

## What Causes My Neck To Re-Subluxate OR Why'd My Neck Go Out ??

- The shape and structure my neck acquired during my critical bone development years ages 1 through 24.
- The condition of the damaged tissue surrounding my neck bones caused in my accident.
- The positional stress caused by work.
- Drinking Alcohol.
- Smoking Cigarettes.
- Getting Angry, Stressed and Upset.
- Breathing toxic chemicals, paint, etc.
- Falling.
- A New Auto Accident.
- A Subluxation left uncorrected has inertia, it tends to get worse until you act on it. The longer you ignore it, the more attention it needs. The Silent Killer aspect is what fools us all.
- Poor diet, toxic food.
- The birth process.
- Gravity.
- The IRS.

Living a perfect lifestyle helps, but does not remove the need for regularly having our subluxations, or necks, checked. The absence of symptoms also does not indicate the status of our health. Subluxations will always re-occur, and stay corrected for relatively short durations of time. However, by being regular, and living a better lifestyle, we can extend the holding time our subluxations stay in place, by hours, days, even weeks.

You Can Not Expect To Have Good, Excellent Health Unless You Take Care Of Your Spine and Nerve Supply. There Is No Substitution For Maintaining A Full Nerve Supply.

Millions Of People Are Fooled Everyday By Judging Their Health Based On Their Symptoms, While Nerve Damage Brought On By Vertebral Subluxation Accumulates Damage Throughout Their Bodies Daily.

Vertebral Subluxation IS A Silent Killer, And Yes It Does Damage To ALL Our Bodily Organs When We Least Suspect It. So STOP Making All Your Health Decisions Based On How You Feel, And Make The Effort To Be Healthy Maintaining A Full Nerve Supply!!!

No One Is Going To, Or Should Take Responsibility For Your Health Except YOU! Not Our Government, Not Insurance Companies, Not The Medical Establishment.

## **Artificial or Natural: What is the Difference**

When we typically take a medication of any kind, most of society never questions why they are taking the drug or what is in it, except that their only wish is, to make the pain or symptoms go away. The greatest problem with this kind of thinking, is that every single drug available to us for covering up our pains and symptoms, is an artificial copy of what the human body is already capable of producing. Most drugs have been designed from chemistry the human body already possesses, however, the artificial ones produced by the pharmaceutical industry all have side effects and dangers of some kind, even the ones we think are innocent over the counter medications. Artificial drugs indeed can make pains and symptoms go away, but they are never the solution to the reason the body stopped functioning properly in the first place.

Part of the danger involved with drugs being artificial is not only that they have dangers and side effects, but they are not metabolized by the human body. Well what does that mean? It is like putting wood in your fireplace that will never burn or never completely burn. Therefore, artificial drugs have great drawbacks for their temporary ability to make you pain or symptom free besides side effects. Because they cannot be metabolized by the human body properly, like a natural substance can be, they tend to remain within the human body, and are difficult to get out. Even stopping the ingestion of artificial drugs and medications will not mean that the drugs will fully pass from the human system over time.

One of the problems with artificial chemicals, medications or drugs that we naively take, is that they get stored in our fat tissue when they are not able to be metabolized or burned by the body. The result is, they can come out of the fat storage during times of activity, or concentration, and into our blood stream to once again affect our nervous system at a later date, and still be re-stored into the fat tissue again. This means that whatever the nature of that artificial chemical medication may be, side effects and dangers and all, they can re-effect you again and again over time.

Think of all the medications you have taken since you were born, building up in your system over time. Now add to that all the chemical preservatives and insecticides present in our foods. Now add to that any and all chemicals you may have come in contact with throughout your life. Eventually our bodies become a huge garbage dump.

Let's go back to the first paragraph of this paper for a moment. Why do our body's stop functioning properly? This is where chiropractic comes in. The adjustment of a vertebral subluxation, is the temporary relief of a pressure from a spinal bone, that is misaligned and interfering with the beginning of millions of nerves, that normally would provide pathways for the life force of the human body to supply every single part of the human body with life. This is a big understanding to grasp. But every cell and organ of our body must have a full nerve supply before it can be expected to function properly. Life is provided for through our nerve system. This is how every organ and tissue is expected to function properly, and healthily. Only this is the biggest untold story in health.

Today, your health is controlled by the medical industry, by selling the idea that the only solution to sickness is medications and drugs. The only establishments more powerful, that are delivering the same message, are the drug companies. Of course they have an even greater interest in drug sales, not to mention, are the biggest financers of advertising on the largest TV networks such as NBC and CBS etc.

To truly experience real health, a person would have to receive regular and consistent, specific, chiropractic adjustments to his or her spine, to keep the interference to the nerve supply gone, while their body were allowed to heal. By maintaining regular chiropractic adjustments, the power that runs the human body is allowed to flow 100%, as it previously could not with subluxation present. Once this power can be kept on for a period of time, the human body changes with time and heals itself.

The biggest problem in health care today is a severe lack of understanding of what subluxation is, and how the human body really heals and stays healthy.

There is not one single tissue in the human body that does not depend on "life energy" to function correctly, to literally be alive. It does not matter what the tissue is, from heart tissue to toe nails, all tissue is alive, and receives this life energy from the brainstem, the source. It is the chiropractic discovery that two spinal bones commonly mis-align to constrict this source of energy at the level of the brainstem just exiting the skull in the neck.

This problem of subluxation is so common, and so many thousands of different conditions get well from correcting subluxation, that if every man woman and child were to get their subluxations regularly corrected we could change the face of health on this planet. As it is, less than 10% of all Americans receive chiropractic care and less around the world. To date there are only two chiropractors in Spain, and perhaps 40 to 50 thousand in the United States. There are approximately 40 medical doctors to every chiropractor. Our entire health care system is based on the premise that the right drug will get you well, and surgery once the part has worn out.

Every year billions of health care dollars are unwisely spent on the effects that vertebral subluxation produce in the form of drug treatment and eventual surgery from not properly taking care of subluxation. Vertebral subluxation **IS** the basic underlying cause of a body that is not functioning properly, and a body that is not functioning properly is one that is ready to harbor disease and become ill from a medical standpoint.

## **Did You Know?**

Did You Know That Chiropractic Helps Many! More Health Problems Than Just Back Pain and Headaches?

Did You Know The Best! Way To Use Chiropractic Is For **Staying Healthy!** Not Waiting To Get Sick.

Did You Know That Waiting To Get Sick Is Eventually 1,000% to 100,000% More Expensive Than Staying Healthy?!!

Did You Know That You CAN NOT Be Healthy Without Maintaining A Full, 100%, Healthy Nerve Supply?

Did You Know That Maintaining A Full Nerve Supply Allows **All Organs** Of The Human Body To Function Properly?