

The Benefits of Chiropractic

- 1) Chiropractic is non-replicating, this means NO OTHER health profession does what chiropractic does, and that is, specific adjustments to vertebrae that are interfering with the nerve supply, and turning the life force back up to 100%.
- 2) There are literally thousands of health problems that are caused by nerve pressure or nerve interference, most of which the general public does not know. Learning of what these results are usually surprises people how effective chiropractic really is.
- 3) Once a person has really comprehended the totality of what nerve interference means to the human body, by keeping adjusted, keeping a full nerve supply all the time, they can keep healthy, and avoid getting sick.
- 4) By keeping regularly adjusted through out your life, you can avoid taking dangerous medications, which ALL have side effects and warnings, and only cover up symptoms, and gum up the internal functioning and flow of the human body from within.
- 5) By keeping a full nerve supply to all your organs on a regular basis, you can avoid having your organs fail to the point, that medical doctors want to surgically cut them out.
- 6) You can enjoy that daily feeling of having a full nerve supply

Cells are the smallest building block of your body. They have to be seen through a microscope. To be "alive", and healthy, they require nerve energy (the "life force") that comes from the brain. Without "life force", they die or become unhealthy. It is your nerve supply's job to carry this energy from the brain to every single cell in your body. Every organ is made of cells, each organ has it's own kind of cells. Cells also live a predestined amount of time before your body replaces them. Each of your heart cells live 120 days and then are replaced with new cells. Certain glands replace their cells with new cells in four minutes. And other organs and parts may replace their cells with new cells, in days or months, or up to years. This is what keeps you alive, and healthy. When we don't have a full nerve supply to our body, our cells will die prematurely in those different areas of our body. In addition, our bodies filtration system may not carry off the normal dying cells effectively,

along with the cells that dye from the bad nerve supply. This adds up to a large number of dead cells. Massive cell death equals pain and symptoms. According to Dr William Boyd, author of "Boyd's Pathology", the most important medical school book, germs, bacteria, and virus are repelled by healthy cells because of the vital force they radiate from within, and choose to go no where near healthy cells. Therefore, if your cells our healthy, then germs, bacteria, and virus have no where to go, as they only feed off "less than healthy cells", or dyeing cells. That is why we get colds and flu, when we have an abundance of dead cells. Your body intelligence, only then allows in the germs, bacteria, and virus to help clean up the abundance of dead cells it couldn't handle on it's own, as then they feed off the dead cells in your system and help clean it up. This is why it is important to keep a full nerve supply all the time, then you will eventually have healthier and healthier cells, and won't have to get sick.

YOU HAVE TWO PATHS TO TAKE IN LIFE REGARDING YOUR HEALTH

1) YOU MAINTAIN A HEALTHY NERVE SUPPLY WITH CHIROPRACTIC THROUGHOUT YOUR LIFE

OR

2) YOU DO NOTHING FOR YOUR SPINE AND NERVE SUPPLY, WAIT FOR THE NERVES TO DEGENERATE, ALLOW YOUR ORGANS TO STOP FUNCTIONING, TAKE DRUGS TO COVER UP THE PAINS AND SYMPTOMS, AND EVENTUALLY UNDERGO SURGERY TO REMOVE THOSE PAINFUL, MALFUNCTIONING ORGANS.

THE CHOICE IS YOURS.

REMEMBER:

LEARN WHAT CHIROPRACTIC IS

KNOW WHAT VERTEBRAL SUBLUXATION IS

Don't Be Fooled

In 15 years of practice, there is one repeated mis-understanding that I see almost all patients continually make, year after year. That is they believe they are healthy when their pain and symptoms go away. This is simply not true.

The truth is, when someone comes to me with 1 to 5, out of 2,000 different health problems that Chiropractic can help, patients automatically mis-apply the medical principle, that you are now healed and well, once the pain and symptoms have gone away. This is because the Medical Doctor is very used to giving you medications that only cover up symptoms, and CAN DO NO MORE THAN THAT, and then tells you, you are well.

The truth is, when your symptoms and pain first disappear while under Chiropractic Care, it is at this **precise moment** that as much of 85% of your body's nerve and tissue regeneration and healing from within must take place. This takes TIME.

It is your **condition from within**, that your outward symptoms and expressions of pain cease to warn you about, once you get past healing the initial pains and symptoms. Inside, you are still a mess. By maintaining regular Chiropractic Adjustments, you continue to heal from within, (even though you may feel fine), for months, and years to come. So, it is your symptoms that first go away under Chiropractic Care, then your intelligent body goes to work on the rest of the damaged nerves and organ tissues inside.

Patients whom are regular with Chiropractic will continue to IMPROVE FROM WITHIN for YEARS, increasing the function of all body parts. Once a Chiropractic Patient has used Chiropractic regularly for years and has reached their maximum

level of improvement, they could only keep that level of increased, improved health by maintaining their now **HEALTHY NERVE SUPPLY** with regular Chiropractic Adjustments.

The truth is, you are as healthy as you can be, only when you maintain a full nerve all the time throughout your life.

The Process

Initially the doctor of chiropractic must examine, take x-rays, and take heat graphs to establish an understanding of that patient's vertebral subluxation. Once the necessary information on that patient's spine is obtained, he/she may proceed with the first adjustment. That first adjustment may be freeing up nerve fibers in the brainstem that have been shut down for years. It is delivered to the upper neck, specifically unlocking vertebrae that have been "silently" strangulating the brainstem, the source of life in the human body.

Once this power is released, this intelligent energy will immediately begin to flow and attempt penetrating through all the nerve system, to those organs that have been lacking and damaged from lack of life energy. Thus, the healing process begins.

The two ingredients to successful healing, are consistent adjustments to free the energy of the body, and time to allow that energy to heal the body. Time and Adjustments, are the key to good health.

As the pressure on the nerve supply is taken off from the chiropractic adjustment, the energy flows through all the nerves 100%, to all the organs. Each day, each week, month and year that the power is kept open the body continues to heal, and overcome the damaging effects of vertebral subluxation.

The first stage we usually see the body getting some immediate relief, as the nerve tissue is freed up from the subluxation. As a patient progresses we may see signs of different symptoms throughout the body occur as healing takes place. These symptoms are good indications the body is attempting to heal itself as the newly released "life energy" makes it way into these previously deadened tissues and sick organs to repair them.

Remember, healing is a result of the replacement of cells, and that can only occur in the presence of a full nerve supply over TIME! It is important for the patient to fully comprehend the overall process their body needs to go through, as a result of maintaining a full nerve supply and attempting to heal from the long term effects of vertebral subluxation.

As the weeks move into months, we may see patients experiencing periods of complete symptom relief, with occasional flare-up's of certain damaged tissue areas. Other more chronic areas may improve but take longer to show relief, as chronically injured areas have a more extensive, and long time accumulation of damaged tissue to overcome.

When months have passed, and the pains and symptoms appear to be gone, this is when your body is doing it's **most** to heal the internal damage. Remember, symptoms are only surface, final warnings that something is wrong. Once they are

gone, the majority of beneficial improvements your body is attempting to make, are still ahead, strengthening gradually over time.

It could be said that the "**internal strengthening**" the human body can benefit from, while receiving consistent and regular chiropractic adjustments, occurs largely with no symptoms present. This means that most of the **full potential** of improving of your health, and the way your body functions better, will occur with time and regular adjustments.

People are so conditioned to act only when in pain, in addition to having no knowledge of the full benefit of chiropractic care, that they have never been instructed as to how the body can **build** health while maintaining a full nerve supply.

Patients all tend to have some curvature, or even scoliosis, as a direct result of vertebral subluxation. They all straighten out more than 90% of the time, and will do so in a 4-6 month period, sometimes longer. But think of this, the soft tissue of the human body replaces itself daily and completes this cycle once a year, do you want some areas skipped as this process goes on with a bad nerve supply? To give an example, heart cells replace themselves in approximately 4 months, disc cells between vertebrae replace slow over 7 years. For any of these processes to be complete, one must have a full nerve supply continuously during cell replacement.

I personally saw improvements in the functioning of my body and health while continuing with regular adjustments through 3 1/2 years of chiropractic care. So if subluxation has this much of a devastating effect on the human body, then how can we expect to stay healthy or even get healthy if we choose to ignore our spines and nerve supply most of our lives?

So what is the process? It is sadly, something most people never get to experience, due to not knowing how chiropractic works, or how literally important it is to our real health. If you truly expect to have good health your whole life, and live to a ripe old age, then you cannot ignore your subluxation. Subluxation cuts out life from your body without you realizing it is happening. Why else do we call it Silent Killer.

The process, is sticking with regular chiropractic adjustments, and witnessing how your health improves, and stays well as the years go on. Without attention to subluxation, damage to the body recurs, and steadily grows in the absence of symptoms until damage greatly accumulates over years. Today, 4 out of 5 Americans have a major surgery by age 40. Do you really think our organs are so superfluous, that they should be cut out, or do they have a purpose?

THE TRUTH ABOUT YOUR AUTO INSURANCE

The purpose of your auto insurance, is to cover **your losses** in the event of an auto accident. Yet, people often get only enough coverage to cover other people, in the event that you cause them injuries or damage, and neglect to properly cover themselves. The fact is, you have to cover yourself and the other person because you never know what the circumstances may be, should you have an accident.

At the current writing of this newsletter, the laws have recently changed, **NOT** making it mandatory for you to have certain coverages in your insurance policy that are very, very important in protecting your welfare.

Before we go on, let's clear up one important point. **USING YOUR INSURANCE DOES NOT!!! RAISE YOUR RATES..., BEING AT FAULT, AND THE CAUSE OF AN ACCIDENT DOES.** So, if you've been in an accident, and it's your fault, your rates are going up regardless, so you may as well use your insurance, which you've been paying on for years to protect you. If it is not your fault, you can freely use your auto insurance with no fear of a rate increase.

Those 3 main missing ingredients from most policies today, are: **MED-PAY, UNINSURED MOTORIST, AND UNDERINSURED MOTORIST.**

MED-PAY: Most people neglect to get Med-Pay. Either their agent did not make them aware of it, or they thought it was somewhere in their policy, or they didn't even know it exists.

Med-Pay is designed to cover the cost of your health needs following an emergency involving your auto, or ANY auto, in the event you are injured. It is **specifically** to take care of you immediately after an accident without waiting. Using it will NOT raise your auto insurance rates. Without Med-Pay, if you are injured, your only recourse is to sue the person whom hit you, to get their insurance to cover your injuries. To do that, it must be the other person's fault. And payment for your health care can take awhile. You would not be accepted into medical and health institutions unless they were willing to accept credit till your lawsuit settled.

UNINSURED MOTORIST: This is for those instances where someone hits you, damages you and your vehicle, but has NO INSURANCE! You must then be covered on your own policy if you expect to cover the cost of your property and health losses. There are many, many accident victims every year that were not told about uninsured motorist when they bought their policy, and had no coverage when someone without insurance hit them.

UNDERINSURED MOTORIST: In the event you are in an accident, and it is the other persons fault, and your injuries or auto damage is so great that the other persons insurance is not enough to cover, then your policy will cover the difference IF, you have underinsured motorist.

MAKE SURE YOU HAVE THE RIGHT COVERAGES, AND ENOUGH OF EACH COVERAGE!!