

## **Phases of Healing From Subluxation Correction**

- Phase 1) Elimination of pain and symptoms, improved overall well being.  
(2 weeks to 9 weeks duration)
- Phase 2) Improved balancing of spine, straightening of the spine, increased joint mobility, greater reduction of symptoms and pain, increased functional ability in body and daily routine.  
(4 months to 6 months duration)
- Phase 3) Restoration and re-growth of damaged nerve tissue, and organ tissue, better health, increased confidence in overall health. Less severity of common illnesses, stronger immune system.  
(6 months to 12 months duration)
- Phase 4) Reaching peak performance level of your potential. Deeper changes in body, increased chemistry balance, greatest possible level of improved function.  
(18 months to 3 years duration)
- Phase 5) Maintaining peak performance level. Living a life free of the damaging effects of vertebral subluxation. Greater confidence in health. Staying healthy and living life to it's fullest. Expressing your greatest level of human potential.  
(3 years to life duration)

## The Chiropractic Adjustment

It's not keeping a bone in place.

It's providing regular relief to the nerve supply.

In turn, the replenished nerve supply fortifies the tissues.

Allowing nerve re-growth, alleviation of toxins, elimination of old cells and replacement of new cells, and tissue regeneration, and restored function and restored chemistry.

Continued relief of the nerve tissue through properly timed chiropractic adjustments, allows your body to rebuild itself with healthy new cells, in **ALL AREAS OF THE BODY!**

Becoming all that you were intended to be in life. To experience health with confidence, expressing your fullest expression of life!

## **Your Health**

The sum total of your longevity is dependent on how well you take care of your spine and nerve supply during your life.

The sum total of your health is dependent on how often your spine is adjusted during your life.

The sum total of the proper functioning of your organs is dependent on a healthy nerve supply.

The intelligence that gives life to the human body is released by the chiropractic adjustment.

The intelligence that gives life to our tissues, organs, glands, and body makes no mistakes, knows what to do in every instance, and is the force that heals us. It just needs, No Interference.

Drugs and surgery do not heal, they only alleviate symptoms and body parts.

Chiropractic addresses the “Cause” behind our bodies malfunctioning, Medicine addresses the “Effect”.

Get Chiropractic Adjustments for a Better Life!!

## What You've Never Been Told

Since the medical control of health in this country and around the world, our exposure to understanding health has been limited to that of the medical model. Medicine has no principle behind its teachings. It has simply existed on the assumption that a medicinal cure (from outside the body), could be discovered for every ailment that plagues our bodies. Since drugs only cover up, medicating allows the real cause to worsen. When these ailing parts can no longer be relieved of pain or symptoms, then removal of the problem organ would be performed as a final course of action. Today's emphasis is to get someone else's organs. It's big money! There is no emphasis on taking care of what you've got.

In fact, no medicine cures any part of our body; they only temporarily relieve and cover up pain and symptoms. Covering up anything, by its rudiment implication, suggests that facing up to the truth one day is impending for all cover ups. The truth is all medicines and drugs are artificial chemicals to the human body, and hence are not agreeable to the body; they ALL have damaging side effects. They do cover up pain and symptoms, but at a higher price to be had later in your life. Have you ever learned the principle of "sowing your oats"? What you do now will affect you tomorrow. Just as a good chiropractic adjustment today, may not be realized as to it's value until later, so will drugs interfere with the proper functioning of your body and may not be realized till later.

If we are to have health, we are going to have to start taking an honest look at the principles behind health and the true way in which the human body works. Healing itself, growing itself, maintaining itself, and propelling itself into the future with an intelligence that has our longevity, health and happiness as its rudiment purpose. Yes that's right, your body, my body, and everyone's body is guided by a supreme intelligence that is responsible for every function, every organ, all it's chemistry, all's it's healing properties. Without it, we die.

What you have never been told, is that every single organ in our body is made up of microscopic cells, all of which must have microscopic nerves supplying them with this intelligence, our life force, to be alive. Without the nerve supply, the cells die. Cells of course die anyway, as each organ has a certain life cycle that cells go through before they die and our replaced with new cells. As an example, your heart cells last approximately 4 months and then die, only to be replaced with new heart cells. But, where we have interrupted nerve flow to our body, we have an absence of this intelligence reaching our cells, causing them to die prematurely. Without the proper nerve supply, we ***have no ability to replace the old cells with new cells!***

This action of replacing cells is an important one, as this is the basis of the human body's healing process.

The interruption of the intelligence that guides our body causes our body to accumulate dead and sick cells without the normal replacement and repair ability that routinely takes place. This damaging process routinely occurs in all vertebral subluxated people, with no warning signs, no pains and no symptoms, until enough damaged tissue has overwhelmingly accumulated to a point of mass failure. And, oh yes, we are all subluxated by nature of the spine.

The cellular replacement of all organs depends on a full nerve supply and a full nerve supply depends on US! Taking time to correct our vertebral subluxations.

We were designed to have full power from the brain pass through the spine in our nerve system to supply all our organs and body parts. Without 100% power, our bodies suffer. This damaging process brought on by vertebral subluxations occurs throughout our life, 90% of the time or more, without warning signs. Therefore it is unwise to base your health regime on only taking action when you have a symptom present. Or drugging every time you have a symptom or pain. Or only going to you chiropractor when your insurance will pay, or when you appear to be sick.

To properly take care of your body, you must give it a full nerve supply all the time and realize there is a lot more taking place within us that we can never be fully aware of at any given moment. Our bodies need a full nerve supply if we expect to be healthy. So stop judging your health in the moment, get adjusted for your future. Your body and your health depend on it.

## My 20 Year Observation

Most people I have met or seen as patients do not know what is required for real health. They do not have a clue as to what they need to be healthy. They are not being told the truth, and have developed beliefs regarding health that are mere reflections of the medical veil that clouds our perspective. To achieve real health, it requires shedding any preconceived teachings, and allow the power of your own common sense and power of observation to prevail. To seek, research and experiment with health disciplines that are outside the medical hierarchy.

BJ Palmer, the greatest chiropractor who ever lived, who's intense and long lasting thorough research has never been equaled, proved to the world that a complicated configuration of 2 misaligned upper neck bones are creating pressure to the brainstems of society from birth. He proved that the human body was intended to, and can only function properly, when there is full 100% nerve flow from brain to body. These 2 vertebra are like the gates to health. The power switch that decides our fate of health or ill health depending on what we do with them and to them.

This common place interference to our nerve supply **IS** the underlying reason for all human bodies to malfunction and become ill. The root of sickness and disease. Dr Palmer proved time and time again that miracles occur when his special adjustment was performed. He proved beyond doubt there is an intelligent life energy that is responsible for healing and preserving our proper organ function and health throughout our life.

The world is suffering, not just from vertebral subluxation or brainstem pressure. Not just with a lack of proper power to run our organs. But from a lack of truth. The truth about how the body stays healthy has never been told to the world. Medicine has made sure of this. We live in a world of drugs and surgery, and fear of not submitting to medical authority. We've developed a fear of what may happen if we do not heed their advice and authority.

Having a proper nerve supply from brain to body is the basic necessity of good health and the biggest kept a secret in the world. We have been indoctrinated to belief that drugs are the answer to health, when all they do is mask and cover up symptoms while we continue to sicken inside without a proper life flow. Those whom have discovered the beauty of chiropractic often cannot belief what they've been missing.

If we are to share good health with the world, we need to get the message out to the world, to our friends, our relatives. There is so much needless suffering. We need to preserve Dr Palmer's work and the integrity of chiropractic principle. We need to take action!