

## **Why Should I Stay Adjusted My Whole Life**

Why any person should stay adjusted for their whole life is simple. Vertebral Subluxations do not stay corrected, and the effects of not correcting subluxations are devastating. Pressure to the nerve supply in the human body causes a silent and gradual accumulation of damage and sick tissue to all our organs without immediate symptoms or pain to warn us. Most of the world population have never been educated on the damaging effects of vertebral subluxation. We live in a medical world that has dominated our thinking, having us take action only when pain or symptoms are present, and the solution is always drugs or surgery. This leaves us unequipped to understand the important role regular correction of is the vertebral subluxations plays in the role of our health. Correcting our subluxations is the most important action we can take for our health. The lack of correcting subluxations is the underlying cause of a body not functioning properly. The subsequent accumulated damage that occurs silently over years, places our health and the performance of our bodies in the very state that ends us up in hospitals.

The world needs to know that vertebral subluxations interrupt the very life force that makes our bodies healthy. The very life force that created us, is the same life force that can give us health over 100 years old. It's our life energy traveling over our intricate nerve supply that heals us when we are sick or ill. It regulates every chemical reaction, every function, every act the human body is capable of throughout our life. This life force is cut-off and restricted to the entire body when vertebral subluxation is present.

Keeping your vertebral subluxations corrected during your life on a regular basis, allows your life energy to flow to it's maximum to all body parts, and all organs. It allows the body proper coordination and proper chemical balance. Only with regular chiropractic adjustments can you body be afforded a full nerve supply throughout your life. Proper function to all your organs and your body can only occur with maintaining a full nerve supply through chiropractic adjustments. To prevent the accumulation of sick cells, dead cells, and aberrant cells, you have to have a full nerve supply. 100% power from brain to body every day.

Never make the mistake of falling into the medical trap that has been created for us, that no pain and no symptoms means everything is ok. It's simply not true. Allowing subluxations to be present means cutting off your life force, and the process of gradually accumulating sickness begins. Don't let the damage add up, prevent it from happening. Most people are doing this as you read this information because they have never been shown a better way. It's easier to get and stay healthy than it is to allow yourself to get ill and then try to get well.

People who have used chiropractic regularly report less sick days from work, less trips to the emergency room, they avoid using drugs with dangerous side effects,

and report just feeling better and having more energy. A study was done in the 1980's that concluded patients who use chiropractic for prevention have 200% stronger cell walls, stronger immune systems, and their cells do not age as rapidly compared to a group that were considered very healthy but had never used chiropractic. So remember, to get healthy and to stay healthy, we have to respect what the body can do for itself guided by it's innate intelligence without any interference by keeping subluxations corrected. And, we have to weary of the silent damaging effects subluxation has on us when we choose to ignore correcting subluxations.

## **Everlasting Ignorance**

The medical profession has strived for 100 years to control your thinking and keep you in everlasting ignorance when it comes to knowing health. They have pushed the idea that drugs and surgery produce health. This is not true, drugs are artificial chemicals and are not biologically agreeable to the human body tissue. They do change symptoms, and pain, and chemistry, but they DO NOT HEAL TISSUE!! Drugs only cover up while the appropriate measures never get pursued because the symptoms or pains have disappeared temporarily. Surgery only eliminates organs and tissues your medical doctor determines are no longer useful. These organs and tissues need life energy to function properly and be healthy! The medical profession and the drug companies have kept you trapped, believing only what they have offered you as a solution, having fought and suppressed the principles and art of chiropractic for 100 years. People do not know the beauty of chiropractic, and the health it has to offer.

All drugs and medications have side effects. Often the consumer thinks of a side effect as something they may experience immediately. This is not true, drugs can build up in your body for years before resulting symptoms occur. They can produce a subtle drag on the proper functioning of your body that accumulates over time. You are not likely to identify future health problems connected with the medications you took years ago. Chemical byproducts from the drugs you ingest stay in the body to clog it, occupy space, and interfere with the innate healing intelligence of the human body. When you combine that with an already malfunctioning body due to impaired nerve flow of your life energy, it worsens your health picture.

The tissue of the human body can only heal from the interaction of the innate intelligence (your life force), making your body organs reproduce new healthy cells. The replacement of old cells with new cells is the act of healing. It is the mission of every organ, and every tissue of the human body to constantly replace their cells. All organs have different cycles of replacement. For example, the human heart replaces all its cells in 4 months providing it has a full and healthy nerve supply. Some of your glands can replace all their cells in 4 minutes, the liver requires approximately 9 weeks. This is how the body lasts 100 years.

Vertebral subluxation occurs when the top two neck vertebra (bones) misalign, interfering with the flow and distribution of the innate intelligence from within the brainstem just inside the top two vertebra. The brainstem is the source of your life energy and beginning of all your nerves that distribute the life force to all organs and body parts. This interference (vertebral subluxation) begins at birth due to the delicacy of these two bones staying in proper position. Passing the head and neck through the birth canal is very strenuous, and renders newborns subluxated at birth.

All people suffer from vertebral subluxation, which diminishes the flow of life to the human body. Subluxations slowly and gradually cause an accumulation of sick cells and tissue within the body. Vertebral subluxation is **thee!** basic underlying cause of our bodies not functioning properly. Subluxation creates chemical imbalance every time, malfunction every time, sick cells every time, in coordination every time, and gradually, silently accumulates sickness. This is why chiropractic patients experience such a variety of different improvements within their bodies when they get their subluxations adjusted and corrected.

The human body was designed to function properly with innate intelligence guiding it, providing for it, and directing it throughout your life. A person whom stays regularly adjusted with chiropractic care, can walk with confidence having real health, they do not have to fear germs, and do not have to suffer the misconception that they need drugs to be healthy.

These are the facts that have never been told to you. The human body was intended to have a full nerve supply. It is our nerve supply that conveys our life intelligence to every square inch of our body, and must be maintained at 100% if we expect to be healthy. The lack of life force allows the body to destroy from within with no warning signs. Symptoms and pain are usually only present at the end of a long degrading process of the body. Medicine has taught us to wait until then to take action on our health. If you expect to be healthy, you cannot take care of yourself this way. You have to be cognizant of the damages brought on by subluxation over years in the absence of any symptoms. There are a simple few equations to health, they are:

- 1) Stay chiropractically adjusted and maintain a full nerve supply for proper function, proper chemical balance, coordination, and ease.
- 2) Eat nutritious food avoiding pesticides, insecticides, medications, drugs, chemicals, food additives, and food dyes. Processed food that can last months on shelves has chemicals added to it. Mass produced breeding of animals for market (fish, beef or chicken) in large quantities have chemicals injected into them. Eat whole foods. Take herbs and supplements, they are natural.
- 3) Get regular exercise. Exercise is really a replacement for fun and activity we may not get enough of on a routine basis. When you and your family are out having fun in the pool, or walking in the park, or just having fun. You are getting better exercise than other methods and raising your spirit and happiness at the same time.
- 4) Believe!! Pray!! Think Positive, think possibilities!! Have faith!!

If you continue the medical way, you will never experience your full health potential. Medicine and drugs are designed for emergency body failure. Failure

that has taken place due to not doing the right thing for years. Don't fall trap to their thinking. Liberate your health and your thinking by staying adjusted. Act now for good health, not tomorrow. Medicine purporting to have the cure for disease, has become the disease. Why else was the word "Iatrogenic" put into the dictionary during this century? It means, "doctor caused disease"!

If you want real health, if you want to ***live to your full potential on this earth***, you're going to have to do some thinking and basic observation about how the human body really functions, and what it needs to stay healthy. Eliminate old thinking, and have the power, courage and commitment to do the right thing for your health! Give your body the full, intelligent life energy it deserves through regular chiropractic adjustments!

## **My Theory On Skin Cancer**

The American public is routinely exposed to chemicals endangering their health and well being daily throughout their lives. There are chemical sprays on all the vegetables and fruits we eat. Antibiotics and chemical fatteners added to the beef and chicken we eat. There are over 2000 preservatives our government allows to be added to our food chain. In France the government allows only 7 additives. The greater population of Americans look to drugs and medications as their solution to health, yet all medications are non-biologically friendly to the human body, and have dangerous side effects, and are definitely not a solution, but only a cover up of current pain or symptoms.

In short, our bodies have become toxic waste dumps that store these chemicals. Since the body cannot metabolize these chemicals, the bulk of them get stored in our fat tissue and are later brought back into the blood stream with exercise, concentration and activity at which time they effect our nerve supply and can produce symptoms. A portion of these chemicals that can escape the body, get passed through our excrement and waste, but many get passed through our pores when we sweat. The greater portion of these dangerous chemical and medication residues never leave the body. It is our pores that the body attempts to pass unwanted toxins that it cannot handle in it's internal filtering mechanism. In this country in contrast to many of the third world nations, we routinely ingest thousands of different chemicals that many other countries never have in their food chain.

It is my belief that when we pass these chemicals through our pores and the sun's rays interact with these chemicals, a chemical reaction results which mutates the cell causing the onset of skin cancer. Skin cancer is almost non-existent in countries that are sparse in chemical usage compared to America. Yet in America, skin cancer is sharply on the rise and growing.

Another belief regarding skin cancer, is the increased use of sunscreen in this country deprives our body's the chance to develop melanin that protects our bodies from the sun. Melanin is a natural protector the body produces in adapting to handling the sun's rays. In the presence of sunscreen, the body is not activated by the sun's rays to produce melanin. In those countries where sunscreen is not used at all, there are virtually no cases of skin cancer. Yet in this country skin cancer is on a sharp rise.

There is also a belief that the use of sun glasses also tricks our body into not producing protective melanin in our skin to protect us from the sun's rays. The shading of the eye tells the pineal gland a different message than what is really occurring.

## **Drug Consciousness and the Real Health of the Human Body**

The human body was not designed to be pumped with drugs. They all have side effects, (all drugs, over counter drugs included, have side effects and detrimental effects on the normal functioning of your body that may not be immediately apparent for years or at all to the person ingesting the drugs). They give the false illusion of healing, they fill the body with inert chemicals that or not biologically digestible, and in reality only cover up pain or symptoms while evading the real issue. How do you repair the body part that became damaged and deviated from it's normal proper function. We are taught to fear symptoms and take immediate action with drugs that stamp out symptoms but do not repair the body.

The mission of the human body by it's own natural design, is to replace itself each year. This occurs by way of the intelligence of the human body flowing over the nerve supply to each and every cell of the human body and giving the physical body what it needs to reproduce new healthy cells. All body cells are designed to live a matter of weeks or months before dieing and needing to be replaced with new healthy cells. It is necessary for the human body to have a full and adequate nerve supply to make this happen.

Chiropractic discovered over a century ago that the human race is plagued by interference to the normal functioning of the nerve supply due to misplaced spinal vertebrae that block or interrupt normal transmissions over the nerve supply to the body. It was given a name called vertebral subluxation. These subluxations occur from birth and degenerate the normal function, chemistry, and overall performance of the human body, gradually over years before pain and symptoms may occur.

It is necessary to correct these subluxations on a routine and timely basis if we expect our bodies perform to their peak level of performance. The lack of 100% functioning cells, the lack of proper body chemistry due to damaged cells, and the loss of our coordinated body efforts occur when we do not attend to correcting our subluxations on a timely basis. We often judge our health by how we feel which is does not put us in touch with the real damage going on in our body due to vertebral subluxation.

Unfortunately, our society has been raised with a drug culture emphasis in mind. The medical profession approach is not to seek peak performance of the body by way of tending to the nerve supply. But to encourage us to seek help only after symptoms and pain have occurred. This is dangerous to our health in light of the vertebral subluxation, as any nerve interference allowed to escalate destroys

human tissue over time. The comprehension that our bodies accumulate irreversible damage while we are feeling well has never been taught to society except in chiropractic offices.

Dorland's medical dictionary defines health as, "complete mental, physical and spiritual well being with all body parts functioning 100%". This is simply not possible in the human body when our subluxations are left unattended.

If we are to experience health the way mother nature intended it to be. If we truly wish to live life at a level of our peak possible performance, we will need to do more than to exercise and eat healthy. It is necessary to maintain a healthy nerve supply through chiropractic adjustments and avoid ingesting chemical preparations that only stall the truth regarding our real health.

So don't assume you can be healthy just by the lack of pain or symptoms, or by regularly taking your medication. Rather learn what vertebral subluxation really means to your health, and stop judging health by how you feel when it comes to vertebral subluxations. To know vertebral subluxations, is to know what damage can be done to you silently. To correct subluxations, is to know health at a level of your innate greatest human potential while on this earth, and living life to it's fullest.