



# Chiropractic Wellness



Health  
from  
within

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# Who goes to the chiropractor?



## Children

Children experience a drug-free approach to health.<sup>1,2</sup>

## Pregnant women & infants

For a more comfortable pregnancy and for a healthier baby, free of subluxations.<sup>3,5</sup>

## Blue collar workers

Anyone with back, hip and leg problems needs a chiropractic checkup.<sup>6,7</sup>

## Athletes

For peak performance, a safer workout and quicker recovery from injury.<sup>8</sup>

## Office workers

Sedentary workers who suffer from headaches, neck, shoulder, TMJ and wrist problems need a subluxation-free body.<sup>9,11</sup>

## Students

For higher grades, better concentration, improved self-esteem and improved physical coordination.<sup>12,13</sup>

## Anyone working in one position

Artists, musicians, dentists, truck drivers, surgeons and many others benefit from chiropractic.<sup>14</sup>

## Families

To help the entire family get healthy and stay healthy.<sup>15</sup>

## The elderly

For more energy, mobility and to help prevent drug dependence.<sup>16,17</sup>



Everybody!

# Why

is chiropractic so popular?

## Because Chiropractic...

- Is a wonderful method of keeping your structural system, nervous system and energies without interference so you may be at your physical and mental best
- Is safe, effective and gentle
- Helps turn on your body's healing power
- Is a philosophy, art and science of natural healing

Walk into the waiting room of a Doctor of Chiropractic and you'll find people with health problems:

- Asthma, ear infections or colic
- Pelvic pain, menstrual problems or infertility
- Back, neck, arm, shoulder or leg pain
- Headaches, allergies, arthritis, colds, flu, vision and other problems

But you'll also find people at the chiropractor for:

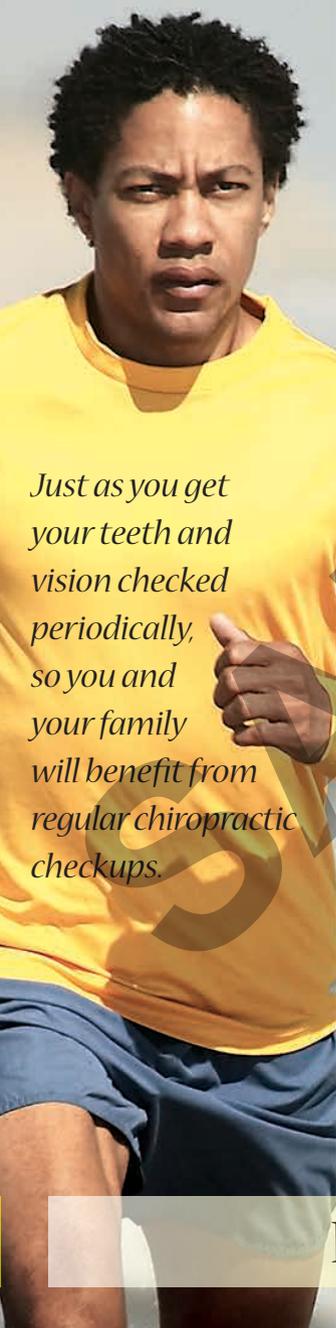
- More energy
- Health maintenance and enhancement
- Enhanced relaxation
- Greater life enjoyment

Chiropractic benefits many people in many different ways.<sup>18-19</sup>

Because it works!

# Why

should I see a chiropractor?



*Just as you get your teeth and vision checked periodically, so you and your family will benefit from regular chiropractic checkups.*

## Reasons Why You Need to Have a Chiropractic Checkup

- To enhance your natural healing ability
- You don't feel well
- You are tired or lack energy
- You are ill or in pain
- You are pregnant
- You had a fall (no matter how long ago)
- You've lost height
- You are under a lot of physical or emotional stress
- Your head, hips or shoulders are not balanced
- You have had dental work
- You use drugs or medications
- You have had surgery
- You work in the same position for long periods
- You walk toe-in or toe-out (even slightly)

Other \_\_\_\_\_

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Improved quality of life.

# What exactly does a chiropractor do?



Your chiropractor checks your body for subluxations and if you have any, reduces or eliminates them with a safe, gentle adjustment.

## What's a subluxation?

A subluxation is a tiny, often painless physical distortion or misalignment that interferes with physical and emotional health.<sup>20</sup>

*Only a chiropractor can analyze your body for subluxations and correct them.*

### A subluxation:

- Is a structural distortion
- Interferes with nerve, brain and spinal cord function
- May strike at any time and at any age
- Is often painless – most people don't know they have them

*Like ripples spreading in a pond, subluxation damage silently spreads over your whole body.*

Analyzes & corrects subluxations.

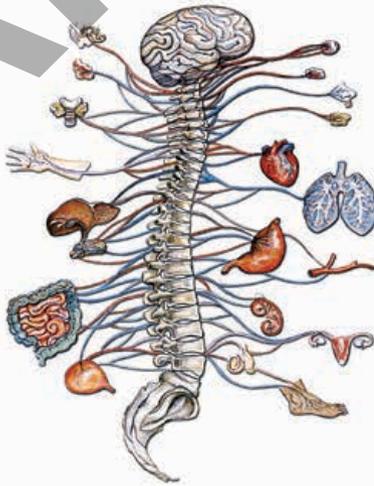
# How

## can a subluxation affect my health?



*Just as a flower wilts when not nourished, so every organ, gland and body function depends on a healthy nerve connection.*

- n Alter the communication between your body and the wisdom that organizes it (Innate Intelligence)
- n Create dis-ease (lessened ability to adapt to stress)
- n Alter the function of your internal organs, glands, muscles, joints and discs
- n Cause pain
- n Stress your brain and meninges (nerve coverings)
- n Accelerate joint aging
- n Decrease your height
- n Cause spinal degeneration (osteoarthritis)
- n Drain your energy
- n Decrease your resistance to disease



*Healing from subluxation damage, like growth, is a process; it takes time. Suppression of symptoms with drugs may make you feel better but it is not the same as healing.*

**Subluxations cause dis-ease.**

# Where are my subluxations?



- **Sympathetic chain** - To eyes, ears and other sense organs; glands and blood vessels of the brain; immune response; bone growth; fat metabolism; reaction to stress; brain function
- **T1** - Arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart
- **T2** - Heart, including its valves and covering; coronary arteries; lungs; bronchial tubes
- **T3** - Lungs, bronchial tubes, pleura, chest, breast, heart
- **T4** - Gallbladder, common duct, heart, lungs, bronchial tubes
- **T5** - Liver, solar plexus, circulation (general), heart, esophagus, stomach
- **T6** - Stomach, esophagus, peritoneum, duodenum
- **T7** - Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum
- **T8** - Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve
- **T9** - Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine
- **T10** - Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine
- **T11** - Kidneys, ureters, large intestine, bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve
- **T12** - Small intestine, lymph circulation, large intestine, bladder, uterus, kidneys, ileocecal valve
- **Sacrum** - Hip bones, buttocks, rectum, sex organs, genitalia, bladder, ureter, prostate
- **Coccyx** - Rectum, anus



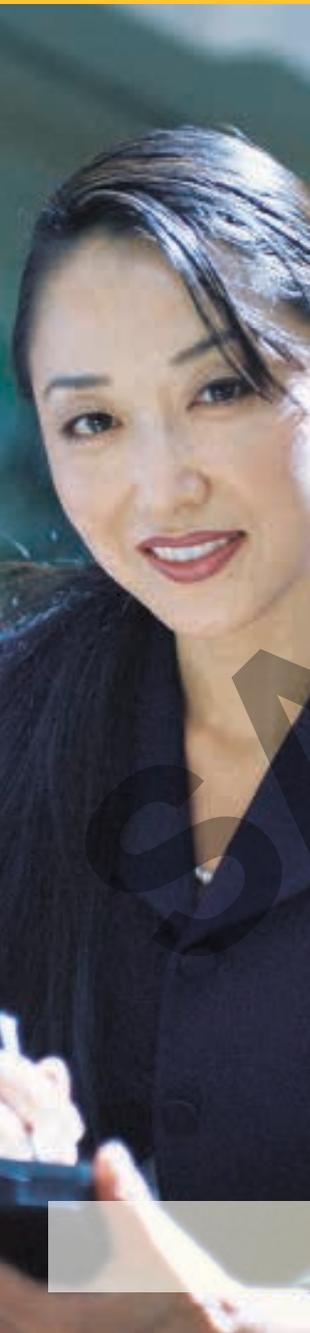


- n C1 - Blood supply to the head; pituitary gland; scalp; bones of the face, brain, inner and middle ear; sympathetic nervous system; eyes
- n C2 - Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead, heart
- n C3 - Cheeks, outer ear, face, teeth, facial nerve, lungs
- n C4 - Nose, lips, mouth, eustachian tube, mucous membranes, lungs
- n C5 - Vocal cords, neck glands, pharynx
- n C6 - Neck muscles, shoulders, tonsils
- n C7 - Thyroid gland, bursa in the shoulders, elbows
- n **Brachial plexus** - Forms the radial, ulnar, median and other nerves that go to the muscles, joints and other structures of the shoulder, arm, wrist, hand and fingers
- n L1 - Large intestine, inguinal rings, uterus
- n L2 - Appendix, abdomen, upper leg,, bladder
- n L3 - Sex organs, uterus, bladder, knees, prostate, large intestine
- n L4 - Prostate gland, muscles of the lower back, sciatic nerve
- n L5 - Lower legs, ankles, feet, prostate
- n **Sacral plexus** - Forms the sciatic as well as other nerves that go to muscles, joints and other structures of the leg, knee, ankle, feet and toes

Ask your chiropractor to show you!

# What

is my level of spinal degeneration?



## The Healthy Spine

- n Gentle curves
- n Disc spaces are even
- n Bones are smooth
- n Full range of motion without pain
- n Can handle more physical and mental stress



## Degeneration Phase I

- n Loss of normal spinal curve
- n Disc, joint, muscle and nerve damage
- n Posture is distorted
- n Less energy
- n Height may diminish



## Degeneration Phase 2

- n Increasing decay, disc narrowing and bone deformation
- n Spinal canal narrowing (stenosis) may occur
- n Aches and pains are more common
- n Fatigue
- n Height decrease continues



### Degeneration Phase 3

- Greater posture imbalance
- Increased nerve damage
- Advanced bone deformation
- Loss of energy and height also occur



### Degeneration Phase 4

- Bone fusion, constant pain and discomfort
- Inability to turn, bend and twist
- Physical and mental weakness and disability are evident

*Whatever your level of spinal degeneration, chiropractic care may reduce, halt and possibly reverse it.*

These drawings are examples of how your neck degenerates from uncorrected subluxations; it could be any part of your spine.

Get a chiropractic checkup to find out.

# How

is a chiropractor educated?

Chiropractors spend thousands of hours and many years mastering the science and art of locating and correcting subluxations.

After college requirements are fulfilled, students spend over four years of chiropractic study which includes classroom, laboratory and internship training. After graduation the new chiropractor must pass exams in the states in which he or she wishes to practice. Each state has its own licensing laws and licensing examinations, as it does for dentistry, osteopathy, medicine, law and other professions.

#### COURSE (in classroom hours)

Chiropractic		Medicine
540	Anatomy	508
240	Physiology	326
360	Pathology	401
165	Chemistry	325
120	Microbiology	114
630	Diagnosis	324
320	Neurology	112
360	X-Ray	148
60	Psychiatry	144
60	Obstetrics	148
210	Orthopedics	156
3,065	TOTAL HOURS	2,706

#### OTHER REQUIRED SUBJECTS

Spinal Adjustments	Pharmacology
Kinesiology	Immunology
Advanced Radiology	General Surgery

#### GRAND TOTAL CLASS HOURS

4,485	4,248
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# What is Chiropractic Wellness?



Chiropractic occupies a singularly unique place in healthcare with roots in both modern and ancient healing traditions.

Although case histories abound of people who have healed from many different conditions under chiropractic care – it was not the chiropractor who healed them. The real healing occurred as a result of their body's internal wisdom, or inner healer, working more effectively after the chiropractor corrected their subluxations.

This is the essence of chiropractic: remove that which interferes with your natural innate or inborn expression. What greater gift can you give to yourself, your family and others than to tap into that source of healing, health and wholeness deep within? Is it any wonder that chiropractic has become the most popular drug-free health profession in the world?<sup>21</sup>



Health from within.

# When

should I see my chiropractor?

Chiropractic – see the big difference a small adjustment can make.

Most people wait for symptoms to appear before they do something about their health. That approach can be expensive and dangerous since many symptoms occur after months or years of body malfunction and deterioration. Now is the time to ensure your health and the health of your loved ones with chiropractic care.

Why not join so many of your neighbors in exploring the wonderful world of chiropractic? Your first chiropractic adjustment can be life-changing.



# Now!

# Tips

for a healthy long life.



## Chiropractic health spreads over your whole body.

1. **See your chiropractor regularly**, especially if you are ill, under a lot of stress, pregnant or have had an accident or trauma.
2. **Lose weight if you need to**. Losing one pound takes 10 pounds of stress off your lower back.
3. **Quit smoking** – smoking cuts blood supply to the discs between the vertebrae, so they degenerate faster.
4. **Keep your wallet out of your back pocket** when sitting, especially when driving.
5. **Avoid sleeping on your stomach** – it twists your neck; avoid the fetal position – it reverses your spinal curves.
6. **Eat organic**, unrefined foods and avoid dehydration.
7. **Take a walk after dinner** – it aids digestion, weight loss and is a nice time to spend with others.
8. **Avoid drugs**, whether recreational or prescribed, including alcohol and caffeine.
9. **Breastfeed** your baby for at least one year for baby's and mother's health.
10. **Take time to relax, meditate, pray**, appreciate nature and play every day.
11. **Find fulfillment and creativity** in your work; it will improve your health.
12. **Connect**. The more relationships and love in your life, **the healthier, happier and longer you will live**.

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