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# Health Optimization & Wellness



CHIROPRACTIC  
Bringing out  
the Best  
in you

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# Health Optimization/Wellness

CHIROPRACTIC

A lifetime of physical, mental and chemical stress wears us down—how can we stay healthy our entire lives?

*O God, thou hast formed the body of man with infinite goodness. Thou hast united in him innumerable forces incessantly at work like so many instruments, so as to preserve in its entirety this beautiful house containing his immortal soul, and these forces act with all the order, concord and harmony imaginable.* — Code of Maimonides

## You're Born To Be Healthy

We are born with such wonderful bodies designed to last us over a hundred years in perfect physical and mental health. What happens to us? A lifetime of physical, mental and chemical stress wears us down, weakens us and causes our bodies to malfunction.

## Subluxations Damage Your Health

One of the most common and serious forms of stress you can have in your body is a subluxation. A subluxation is an area of weakness, usually a distortion in your spine and/or body structure, causing nerve damage and dis-ease or overall body malfunction. The more commonly seen symptoms of subluxations are: premature aging, loss of height, unbalanced posture, weakness and pain. However, subluxations can also cause or contribute to internal organ malfunction; muscle, cartilage, disc and spine degeneration and lowered resistance to disease.

Subluxations create disharmony in your body, a precondition for sickness and disease of all kinds.

## Often Unnoticed For Years

Subluxations are often painless; you may suffer from them for years before symptoms appear, while your health is deteriorating.

## Early Signs of Subluxation Damage

There is an old Chinese saying: There wouldn't be any major health problems if we paid attention to minor ones. One of the first stages of your body simply not working right is fatigue.

You might, for example, become fatigued earlier in the day than usual or be aware of more stress and tension in your neck, shoulders or lower back; you may develop sleeping problems or depression. Although these signs may occur over many years, there are times, for example after an auto accident or other trauma, that they appear as if "overnight."

Most people ignore the little health problems that appear, hoping they'll go away. Well, usually something does go away—and that something is your sensitivity. Your problems stay and grow but your ability to feel them fades from your consciousness. The voices of sensitivity and pain (they unfortunately go together) become lost in the background noise of your life.

## Disease Takes Time

Except in cases of trauma, the development of disease is often a slow, gradual process. Look at the sick old people around you. Do you think they willingly gave up, overnight, the vibrancy in their step, the glow in their eyes, the energy in their being? No one wakes up suddenly older. The silent weakening, wearing down and stiffening of their lives, and the resulting boredom, happened slowly, ever so slowly.

## Don't Wait Until You Are Too Old

Why wait until you have a health problem to see a chiropractor? Why wait until you've aged beyond your years and are constantly tired and fatigued before you do something about your health? Why not practice preventive health maintenance? Why not have your body checked for nerve stress before you get sick?

## Chiropractic Care = Health Optimization

The first goal of the chiropractor is to keep people so healthy that they don't get sick in the first place.

But chiropractic is about more than "not getting sick." Chiropractic promotes wellness, wholeness and optimal function. Chiropractic patients report improved physical and emotional health, less stress

**CHIROPRACTIC**  
Longstanding subluxations create dis-ease or body malfunctions.

and more enjoyment of life.<sup>1-11</sup>



Chiropractors are the only professionals that are trained to locate and correct subluxations. Doctors of chiropractic can help release this deep stress that has been interfering with your ability to function at your best, to heal at your best, to think at your best—stress that has been sapping you of your life energy. Chiropractic promotes balance, resistance to disease and improved function. On-going chiropractic care can help you achieve and maintain your wellness potential.

No matter what condition you are in, you need a subluxation-free body to keep your healing ability at its optimum. That's why you'll find people with all kinds of health conditions in a chiropractor's office.

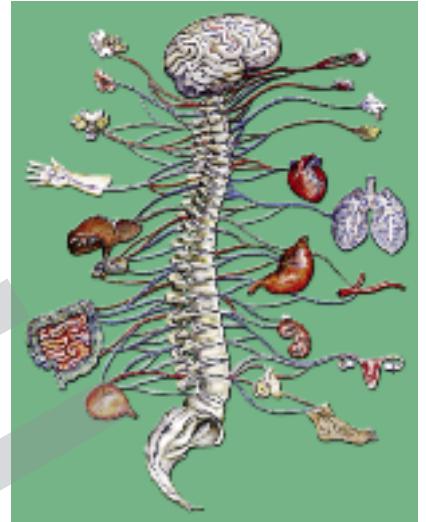
## Will You Fight or Slowly Die?

Every day we have a choice to make: change or die. Too often we make no choice, and that's our choice. As the poet W. H. Auden wrote: "We would rather die than change...." Or will we live by the words of Dylan Thomas, who wrote to his dying father:

*Do not go gentle into that good night.*

*Rage, rage against the dying of the light!*

The choice is yours: health or dis-ease, vitality or depression, strength or weakness—you make the decision every day.



**Spinal health helps all your organs work in harmony.**

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**Whether you actively work to promote wellness or age before your time is your choice.**