

**CHIROPRACTIC IS:  
THE LOCATION, ANALYSIS AND CORRECTION OF VERTEBRAL  
SUBLUXATION**

**VERTEBRAL SUBLUXATION IS:  
THE MISALIGNMENT OF A VERTEBRAE, CAUSING AN OPENING TO  
GET SMALLER, RESULTING IN INTERFERENCE TO THE  
BRAINSTEM, AND ALTERING THE MESSAGES FROM THE BRAIN TO  
THE BODY, RESULTING IN ORGAN MALFUNCTION, TISSUE  
DESTRUCTION, SICKNESS, AND DISEASE.**

**AN ADJUSTMENT IS: GIVEN BY THE CHIROPRACTOR, IS A  
"SPECIFIC FORCE", DELIVERED TO A VERTEBRA, UNLOCKING THE  
VERTEBRA, ALLOWING IT TO BE BROUGHT BACK TO NORMAL  
POSITION BY THE INTELLIGENCE OF THE BODY, ALLOWING THE  
"LIFE ENERGY" OF THE BODY TO BE RELEASED, AND TRAVEL  
FREELY THROUGHOUT THE NERVE SUPPLY, AND HEAL THE BODY  
AND IT'S TISSUES.**

**THE PURPOSE OF CHIROPRACTIC: TO ALLOW YOU TO EXPRESS  
THE MOST OF YOUR INBORN POTENTIAL AS YOU POSSIBLY CAN  
WHILE ON THIS PLANET.**

**CHIROPRACTIC IS NOT: A DRUG, NOT A REPLACEMENT FOR A  
DRUG, IT IS NOT PHYSICAL THERAPY, IT IS NOT A TREATMENT  
FOR ANYTHING, CHIROPRACTORS DO NOT TREAT DISEASE, THEY  
CORRECT NERVE INTERFERENCE AND LET THE BODY HEAL  
ITSELF.**

## ADAPTING

Whether you realize it or not, every day of your life your body is attempting to "Adapt". When climbing a hill that requires a larger blood volume be pumped throughout your body to meet the demands of the muscles and the brain, your body must adapt to the situation. When being given a deadline by your boss to finish a project, and your senses seem to heighten, your brain seems to function more acutely, and you begin to work harder to meet the deadline, your body goes through a host of changes to adapt to the needs at hand. Being exposed to intense heat or cold, your body is forced to super cool, or super heat itself. There are even more subtle adaptations we experience everyday of our lives that we don't even notice, like the changes we go through when walking into an air-conditioned mall after being in the intense heat, and then back out again. All day long your body is adapting, no matter what you put it through, your body will in some way do it's best to adapt to any situation.

In all examples, your body adapts by being driven by the intelligent life force that runs your body. Chiropractic calls this life force "Innate Intelligence". The innate intelligence must know what to do in every single instance to help your physical body do what is necessary to aid it in it's single most important venture in life, which is to "Survive". This intelligence can do it's job the best when it has the benefit of being fully distributed throughout the body by the nerve supply, to all the parts, with no interference.

Failure to adapt can cause a person to "Subluxate". This is when the vertebrae misalign, interfering with the vital nerve supply. The subluxation immediately cuts the vital nerve supply to the organs causing them to malfunction immediately. Many times malfunctions can be so subtle, the person cannot detect that they are being damaged by the unseen effects of the subluxation. The process accumulates tissue damage and abnormal changes in the tissue over time. Being subluxated, it lowers our adaptability even further, and our bodies now can only begin to adapt in abnormal ways, that lead to tissue changes that become long processes of negative change within the body.

To adapt fully and normally to every outside force we are exposed to in life, we must have a full nerve supply. By keeping our subluxations corrected on a substantial frequency, we can afford ourselves the ability to adapt to our very best in life by maintaining a full nerve supply throughout life. This means, maintaining a full nerve supply for the sake, and plan, of staying healthy throughout life, regardless of how we are feeling. Medicine has also narrowly introduced us to drugs, and surgery as the only health application we can avail ourselves to, and never educating the public to the dangers of vertebral subluxation, or the benefits of chiropractic care.

Medicine has taught us a very terrible lesson, to go to your doctors only when you are feeling ill. This does not foster taking care of yourself daily, but only when you have already become sick. To achieve real health, a person must keep subluxation free, so that all the parts of their body can function 100% all the time, and perform the way they were intended, with a full nerve supply.

## **Your Body As A Filtration System**

We now know as educated Chiropractic patients that it is necessary to maintain a **full nerve supply** to have good health. A full nerve supply maintains full function in all our organs. But what functions ? One function that we see throughout the human body is filtration, or the bodies ability to clean itself from within. We see the liver cleaning the blood, the lungs cleaning the air, the kidneys cleaning the fluids. We excrete wastes through bowel movements, urination and sweating. All day, and all night, and your whole life the body must adequately clean itself. It is essential to your good health for your body to be able to clean itself from within. Becoming toxic from within can create serious ill-health, and health problems. Your body depends on a full nerve supply to accomplish adequate filtration, yet most people do not have full nerve supplies, and have not for years, and therefore a lack of proper function throughout their body, and suffer insufficient cleaning and filtering from within.

One of the largest problems today in Americans' health, is the clogged colon which ultimately can result in colon cancer. Your small intestine (1.5 meters long), and your large intestine (7 meters long), require a movement called "peristalsis", which is a rhythmic muscle contraction that moves the food along. These muscles depend on a full nerve supply to work, and in most Americans, Subluxation has strongly interfered with intestinal movement. Due to most of us not discovering the need for Chiropractic adjustments for years of our lives, with vertebral subluxation present during these years, most Americans have very clogged intestines and colons. This can result in constipation, but often we appear to have normal movement even while areas of our intestinal tract are filled with trapped garbage. This causes serious toxicity to the body. Toxicity that ends up causing people to have allergies, headaches, and skin rashes. Food that never leaves the colon can get trapped in pockets of the lining that stretch and become larger, and hold increased dead matter for life, only allowing more and more garbage to accumulate.

Turn on the power from brain to body, and the body begins to heal and change itself back to normal. The longer you maintain a full nerve supply, the better.

Besides suffering from inadequate filtration from a poor nerve supply, we also clog ourselves with the wrong chemicals. The entire world is made up of chemistry and as far as the body is concerned there are only two chemicals. Those that are friendly to the human body and those that are not. Those chemicals that are not good for the human body, cannot be properly metabolized by the body, (burned as fuel, so to speak). They tend to be hard chemicals that literally cannot be completely passed by the body. As some of these types of chemicals partially may leave the system, part does not, and end up storing in your bodies fat supplies for

life, only to continue to re-affect your body's performance. Prescription medications are of the most commonly known chemicals of this type. **ALL MANUFACTURED MEDICATIONS HAVE SIDE EFFECTS**, Dangerous side effects. Effects that subtly and gradually take control of our health and life. There are also chemicals in the food chain, preservatives, pesticides, insecticides, and chemicals in our water supply. It is these things we must eliminate from our diets so as not to permanently clog our body's filtration systems, and allow them to function normally.

Remember, there are two chemicals only, those as in spinach and broccoli, which are needed by the body and are good to the body, and those that are not good for the body, and hurt the body, and clog it up. Tylenol for instance, seriously clogs your kidney function, yet no one ever got sick from the chemicals in spinach.

These bad chemicals we do not usually recognize quickly that they are, that bad, as most of them slow our bodily processes gradually, and we don't always connect the ill fate of our body's malfunction at a later date. Since the process is so slow, and no one has ever educated us to these truths, and these are widely accepted medications, many of us continue to medicate.

For the proper function of your body and all its parts, remember it is the greatest chemical manufacturer on the planet, but it needs a full nerve supply to do so. Your body will not need artificial outside sources of chemicals to heal, if its own system is respected and kept up with a full nerve supply.

## What Heals?, What Keeps You Healthy?

The force that was present in two cells, that divided, and divided until 9 months later a human being was born, a miracle of life, is the same life force that stays with you your whole life. It is a perfectly intelligent force that knows exactly what to do in all given instances to keep your body functioning properly, and give life to all your organs, and keep you healthy and heal you. This life energy uses the nerve supply within your body to travel to every organ, every tissue, and every cell in the human body. It lights up each and every individual cell in the human body, as if it were a microscopic light bulb. That's a tall order to meet, as it is estimated there are 25 quadrillion cells (25,000,000,000,000,000) comprising the human body. Yet our vast and extensive nerve supply meets these demands everyday to keep us alive and healthy.

It is when we have a lack of life energy going to these cells that they become unhealthy and die. Normally, all cells of the tissues of the human body have a specific life cycle that they last, and then die off naturally. The heart cells for instance last approximately 120 days, before they are replaced with new heart cells. The problem begins when the life force to the normally healthy cells becomes broken off, or stops, then we have cells dyeing before their time. This can create a health problem. There is one major, basic, underlying cause, that cuts this life energy off, and kills healthy cells early, and that is a vertebral subluxation.

Vertebral Subluxation steals life from our bodies without our permission, without us knowing it is happening, without us realizing the danger of subluxation.

## **Auto Accidents, If You Have One**

If you have an auto accident, you should immediately get a chiropractic examination, and tell the doctor the full circumstances regarding your accident. If you are already an existing chiropractic patient, you should get immediately checked and inform the doctor that you have had an accident before letting him perform as if it were a routine exam and adjustment.

Auto accidents dramatically and severely alter the upper cervical neck area of the human spine where the brainstem exists, creating serious new damage to the nerve system. The upper two neck bones surround the brainstem, and have no discs holding them in place like the other bones, and so get thrown into new positions with much force during an auto accident. With these new changes for any existing patients, it is critical that they be re-examined and re-xrayed to acquire an understanding of the new positions of the bones creating pressure on the nerve supply.

The word of thumb regarding auto accidents is "delayed symptoms". This is the most common overlooked problem with patients and auto accidents. Because of the nature of the upper neck bones getting moved, and locked out of place, and the brainstem having no sensory feeling, pressure is very often put onto the brainstem tissue causing a blockage (subluxation), that shows up as pain or symptoms later in time, days, weeks, and months later. So don't assume after an accident that you were not injured, as delayed symptoms are common.

So if you have been in an auto accident, please notify the doctor and staff immediately. You may be easily more injured than you realize.

## Minimal Auto Insurance Coverage YOU Should Have To Adequately Protect Yourself

- A) Liability-\$100,000 per person/\$300,000 per accident
- B) Uninsured Motorist-\$100,000 per person/\$300,000 per accident
- C) Underinsured Motorist-\$100,000 per person/\$300,000
- D) Property Damage-\$25,000
- E) Collision Coverage-(\$250 deductible)
- F) Comprehensive Coverage-(\$250 deductible)
- G) Medical Payments of not less than \$10,000 per person, even if you have independent health insurance.
- H) Non-deductible **glass coverage** (should be included in comprehensive coverage).

# **IMMUNIZATIONS AND VACCINATIONS**

THE NAMES OF 35,000 BRAIN DAMAGED CHILDREN DUE TO IMMUNIZATION AND VACCINATION REACTIONS ARE IN INSURANCE COMPANY COMPUTER BANKS TO AVOID ACCIDENTALLY ISSUING THEIR FAMILIES AN INSURANCE POLICY. THESE CHILDREN LIVE SEVERELY HANDICAPPED LIVES.

-THE MAIN INGREDIENT IN A TETANUS SHOT IS:  
DRIED HORSE BLOOD

-THE MAIN INGREDIENT IN A SMALL POX SHOT IS:  
PUS DRAINED FROM AN OPEN WOUND ON A COW

-THE MAIN INGREDIENT IN AN ALLERGY SHOT IS:  
GROUND UP VACUUM CLEANER SHAVINGS

DO YOU THINK THESE SHOTS HAVE MORE POWER TO HEAL THAN THE POWER THAT CREATED YOU??