

## Safe and Natural



Chiropractic is a team approach to better health. As you enjoy results, tell those you love. Explain how millions enjoy relief and better health by restoring the integrity of their spines and nervous systems with safe and natural chiropractic care.

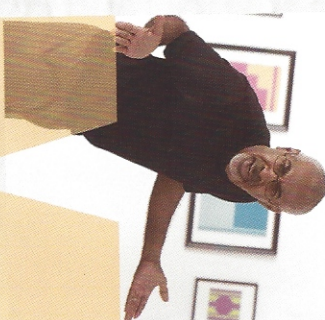


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# subluxations

WHAT PATIENTS WANT TO KNOW ABOUT SUBLUXATIONS



Maybe you've never heard of subluxations. That's OK. There probably was a time when you'd never heard of AIDS or Alzheimer's.



Like the separate notes of a musical chord, a subluxation can simultaneously involve joints, nerves, muscles, soft tissues and degenerative changes.

# I've Never Heard of Subluxations



# Distorted Your Brain All Kinds of Health Communications Between and Your Body may Cause Problems.

You have over 200 bones in your body. Whenever two bones come together at a joint, there can be movement. Since joints in your spine are so close to your spinal cord and nerve roots, too much or too little joint motion can have serious effects.

If spinal bones get "stuck" and don't move right, they can irritate or "chafe" delicate nerves. If a joint moves too much, spinal bones can press against adjacent nerve tissue. This can interfere with the vital "life force" transmitted over your nervous system that helps keep your brain in touch with your body.



There are three basic causes of subluxations. Physical causes include slips and falls, accidents, repetitive motions and improper lifting. Stress, anger, and fear are examples of emotional causes of subluxations. Alcohol, drugs, pollution and poor diet can be chemical causes of subluxations.

## How do you get subluxations?

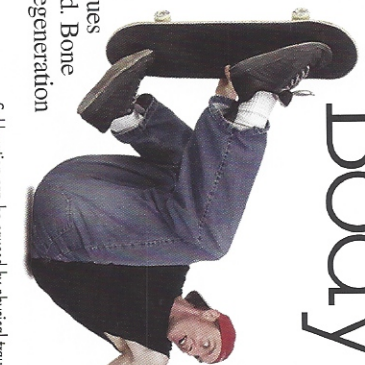


The result is the vertebral subluxation complex, or more simply, a subluxation.

More than bones and nerves are involved. Muscles can become too tight or too weak.

## How do I know if I have a subluxation?

You can have subluxations and not even know it. Like tooth decay or cancer, subluxations can be present before any warning signs appear. The results of a thorough examination can show the location and severity of any subluxations you may have.



Your chiropractic doctor is the only licensed health care professional dedicated to the detection, reduction and prevention of spinal subluxations.

Disc, ligaments, and other connective tissues can become inflamed. Bone spurs and arthritic degeneration can set in.

Subluxation can be caused by physical trauma, chemical toxins or emotional stress.

Subluxations are serious!

However, the most important aspect of a subluxation is its effect on your nervous system. Compromising the way your nervous system controls and regulates your body can have unhealthy consequences. Distorted communications between your brain and your body can cause all kinds of health problems beyond just headaches and backaches.



You're in good hands!

Like a puppeteer, your nervous system controls every cell and tissue. A disruption of nerve impulses may have serious consequences!



## Can subluxations clear up on their own?

Sometimes. Today's hectic lifestyles are a constant source of subluxations. Fortunately, our bodies have the ability to self-correct many of these minor problems as we bend and stretch, or when we sleep at night. When subluxations don't resolve, you need a chiropractic doctor!



## Can children get subluxations?

Your first subluxation probably occurred from the birth process. Even "modern" childbirth methods can put tremendous pressure on an infant's spine. Poor appetite, unexplained crying, and sleeplessness may be signs of spinal subluxations.