

### Fixing Up and Tearing Down

The second Law of Thermodynamics states that things go from order to disorder.

You may have noticed this with objects. Over time your closet gets cluttered, your lawn turns weedy and car parts rust. With neglect, this happens to our bodies as well.

Forces such as poor diet, lack of rest and other stresses cause our bodies to break down. Luckily, we have an internal force that helps counteract the external forces. This force? The nervous system!

internal force that helps counteract the external forces. This force? The nervous system!

### Avoiding Short Circuits

Your spinal cord is like an information superhighway with the "circuitry" necessary to run your body:

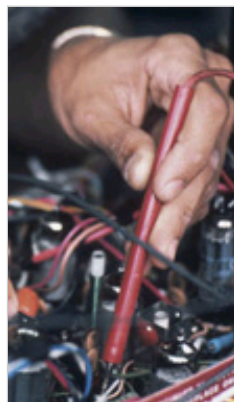
**Sensory Nervous System:** Taste, touch, sight, sound and smell are examples of your nervous system sending information to your brain.

**Motor Nervous System:** Motor nerves control how your muscles work. Compromise here might prevent you from standing or walking, or it could mean a lack of coordination, poor balance or wasting away.

**Autonomic Nervous System:** The autonomic nervous system controls cardiovascular, digestive and respiratory functions as well as salivation, perspiration and many essential involuntary functions.

**Sympathetic Nervous System:** The sympathetic nervous system mediates the fight or flight response to stress. It has a deep connection with your hormonal system to secrete adrenaline, alert your cardiovascular system and the rest of the body of impending danger, real or imagined.

Like an electrician, we're interested in the circuitry of your body. The moving bones of the spine are often the source of "brown outs," short circuits and blown fuses. If you think chiropractic is only about your back, think again!



### Does Your Body Make Mistakes?

Ever forget the name of someone when making an introduction? Ever say one thing, but mean another?

These are functions of our conscious mind. Self-help books reveal how to improve memory, vocabulary and mental acuity. But there's no book teaching how to improve your heart's response to adrenalin or your lung's ability to oxygenate blood! Why? Because these are just some of the millions of functions your body regulates with no conscious thought from you.

How does this relate to a headache, back pain or the crick in your neck?

Virtually every symptom we think of as an illness is merely your body's best attempt at survival. No errors. Zero mistakes. When your body feels threatened, it responds in a variety of ways to get your attention and tell you its capacity to accommodate or adapt has been exhausted.

That's amazing. Even radical. And to think, all of this is controlled and regulated by your nervous system—the focus of your chiropractic care!

### Health Care or Sick Care?

Traditionally, we see doctors when we have some type of obvious ache or pain. Yet, waiting for these obvious symptoms to appear before finally seeking help is becoming an increasing burden on our health care system, our economy and especially our well-being.

And while it may be called "health" care, it's actually sick care.

Chiropractors are now leading the way with *real* health care that's actually designed to keep you well. Not surprising, it's called wellness care. And the preliminary research is astonishing!

Consider the following reports:

A study published in a 1996 edition of *Topics in Clinical Chiropractic* looked at a group of seniors aged 75 years or older. Subjects who were receiving chiropractic care reported experiencing better overall health and had fewer hospitalizations, used fewer medications and were more active than their peers who did not receive chiropractic care.

A more recent analysis published in the *Journal of Manipulative and Physiological Therapeutics* looked at 311 chiropractic patients aged 65 years or older who had been receiving "maintenance" chiropractic care for five years or longer. When compared with subjects who were not receiving chiropractic care, they had half as many medical doctor visits and overall had healthier habits.

Other studies further confirm what a growing number of our own patients have been telling us: it's actually less expensive to *stay* well, than it is to *get* well.

Let us know how we can best support you and your individual health goals.