



The Chicken or the Egg?

You may think pain begins as soon as function is impaired. But there's usually a lag. Because our bodies are so adaptable, we often manage in spite of a problem. But our capacity to adapt is diminished and then all it takes is a sneeze or the stress of a deadline and symptoms appear.

You might say, "But I didn't do anything!"

Actually, there were probably subtle signs that something was amiss. We all have a different threshold of "body awareness." Some are aware of an impending head cold with the earliest hint of a sore throat. For others, it takes full-blown sinus congestion before they admit, "Hey, I have a cold!"

Become more aware of your body. Take note of even small changes in your energy level, sleep habits and elimination. Take action while your body is still whispering, rather than waiting until it's shouting for help!

By the time the first obvious symptom appears, the problem has been worsening. Finally, the answer to the age-old question of what comes first, the chicken and egg—solved!

Intelligent AND Smart!

The pause between heartbeats constantly changes, and this "heart rate variability" is one indicator of overall health. 120/80 is considered normal blood pressure. But "normal" changes throughout the day. If it didn't, you might pass out just by standing up!

Fortunately, we have an intelligence within us that makes these adaptations for us. In fact, the ability to adapt to the environment is one definition of intelligence. Your car, with limited intelligence, requires that you do the adapting for it. To safely operate your car, *you* have to supply most of the intelligence.



Not true with your body. Your nervous system, which controls the whole show, does the work for you—if it isn't impaired. So regular chiropractic checkups are not only intelligent, but also smart!

No Big Thing?

A sore throat is a small thing. It could be a sign that you've exhausted your immune system.

Back pain is a small thing. It might be how your body reminds you that change is needed. A change in the way you move or think.

Vertebral subluxation is a big thing. When your brain loses touch with part of your body and can't regulate it, that's big. Impaired nerve communication is a big problem.

An adjustment is a big thing. A precisely applied energy that helps restore nervous system integrity, is big. Really big.

Chiropractic is a BIG thing. Maybe one of the biggest secrets in health care! You could play a big role by sharing your experience with others. That would be a big help!



Cruising Altitude

"United 475 Heavy, you're cleared for take off on 32 left."

Soon after your pilot receives a message like this, you'll start down the runway. In a few moments, you'll be going fast enough to cause the low pressure above the wing, created by its unique shape, to lift the plane into the air.

To create the speed necessary to produce lift requires an enormous expenditure of energy. Large quantities of fuel are burned during the first 20 minutes of your flight, when your pilot is guiding the plane in its initial ascent. Once the proper "cruising" altitude is reached, it takes hardly any fuel at all to maintain the appropriate speed.

Just like chiropractic care.

At the beginning, lots of energy is used. The visits are frequent. The goal is to create sufficient momentum to reverse the unhealthy spinal pattern that has prompted a visit to our office.

Then, as symptoms subside, it usually takes fewer visits to maintain the progress and start retraining the spine for more lasting change.

Now that they are feeling better, this is when many chiropractic patients bail.

And since they're on the ground, not in the stratosphere, it's easy to do. Which predisposes them to a relapse.

Which again, requires massive amounts of fuel. Which again, gets them to a comfortable cruising altitude. Which prompts them to discontinue their care. Which...

Well, you get the idea.

Conserve your energy. *Stay well* with regular chiropractic checkups so you don't have to keep burning lots of energy *getting well*.