

Ten Steps to Understanding Chiropractic:

1. Chiropractic deals with every level of human performance.
2. Human performance is regulated by body chemistry. Everything you do and everything you are is a result of your body producing chemicals.
3. Your chemistry is regulated by all the chemical producing organs and glands in your body.
4. Your brain, through the nerve system, controls, coordinates and regulates all your organs and glands to produce a body chemistry that is just right for you-the right quantity and quality.
5. The bones of the spine house and protect your very delicate life line; spinal cord and related nerve roots (extensions of your spinal cord that divide and re-divide to form your nerve network).
6. When one or more bones of the spine lose their proper alignment, instead of protecting the nerve they now interfere with the communication between the brain and all the organs and glands of your body. This is a vertebral subluxation.
7. This results in a less than optimal production and coordination of your body chemistry.
8. This alteration in body chemistry results in a lessening of performance of all bodily functions.
9. The chiropractor's job is to locate these spinal subluxations and to introduce a very gentle force so your body may make the correction. This correction will allow your brain to properly communicate with, control and regulate every organ, tissue and gland in your body. When your body chemistry is in balance, **ONLY** then can your body function properly.
10. Chiropractic helps you to get the most out of life by removing a very negative factor that will allow you to express all that you have been blessed with through your genetic heritage. Chiropractic wants to see you be the best you can be and get the most out of life.