



FRANKLY SPEAKING

Total Life Chiropractic



“First, Remove the Pressure...”

Question: If you stand on a garden hose stopping the flow of much needed water to the wilted plants in your garden, what's the first thing you must do?

Bring in fertilizer? Talk or sing to your plants?

Answer: Get the foot off the hose and allow the life giving water to reach the plants. Simple enough!

Assuming the plants are receiving the right nutrients from the soil along with enough sunshine, the one thing that's missing is the life giving and revitalizing water that is being blocked.

The human body is very similar. As a result of modern day stress (chemical, physical and emotional), subluxations occur and prevent the normal delivery of nerve flow from the brain to the body. By receiving a specific, scientific, chiropractic adjustment, the flow of the mental impulse from the brain to the body is restored and the body can function as God intended.

In regards to Subluxations, a pressure of **only**

10 mm Hg produced a significant compression block (decreased nerve flow), with the potential falling to only 60% of its initial value in 15 minutes, and to half its initial value in 30 minutes.

Sharpless, SK: Susceptibility of Spinal Roots to Compression Block. NINCDS Monograph 15, DHEW publication (NIH) 76-998, 1975

When your nervous system is functioning properly, your body knows how to heal, regulate, and adapt appropriately to the many external stresses of everyday life.

Healing can occur only when the offending pressure is removed and kept off with a series of Chiropractic adjustments. While one adjustment may not necessarily bring instant relief, removing the pressure is simply the first step in a well organized process of the body's self healing and self regulating systems.

So if you don't feel great immediately after your adjustment, don't be discouraged, healing takes time. We must first reconnect the nerve flow and then allow the nervous system to bring the intelligence of the body to every organ, tissue and cell in the body allowing for repair, regeneration and revitalization.

If you feel fantastic after your adjustment, realize that fixing the underlying problem is just as important as relieving the symptom. So while you're pain free remember, healing takes time. It takes time to regenerate the tissues that have taken so long to breakdown.

So remember, while it's very important to relieve your pain, relieving the pressure off the nervous system and keeping it off so that your body can receive 100 % nerve flow and function optimally through trying times is the key.

Therefore, follow a proper human diet, get proper rest, have a proper mental attitude, exercise and move frequently and make sure your nervous system is flowing at 100% allowing your body to be the best that it could be !

