



**FRANKLY
SPEAKING**
Total Life Chiropractic



Your Spine and Doughnuts



Vs.



Forest Gump said, "life is like a box of chocolate", I'd like to say, "your spine is like a stack of doughnuts". What do I mean? Well, the doughnuts are like your spinal vertebra. Twenty five vertebra stacked one on top of the other. Designed by our creator to protect the spinal cord. The holes through the center of the doughnuts represents your spinal canal. The ring like vertebra "doughnuts" surround the spinal cord, protecting it and allowing for support and movement. These vertebra "doughnuts" must be lined up perfectly, one above the other, to create a perfect canal for the spinal cord to carry uninterrupted information from the brain to the rest of the body and back. In 1895 this was called the *Safety Pin cycle*, today it is commonly known as the neural loop. This two lane highway of communication between brain and body is crucial to your health and well being. While diet, nutrition, proper exercise, rest and mental attitude are all very important; spinal alignment and an optimally functioning nervous system are an absolute requirement for any of those other things to work. As a result of life and lifestyle stress one or more vertebra "doughnuts" may slip out of its perfect alignment and cause a roadblock to the nerve flow. This is where your TLC chiropractor comes in handy. Our mission is to realign your spine, improve nerve flow and improve your health, vitality and health span Naturally!