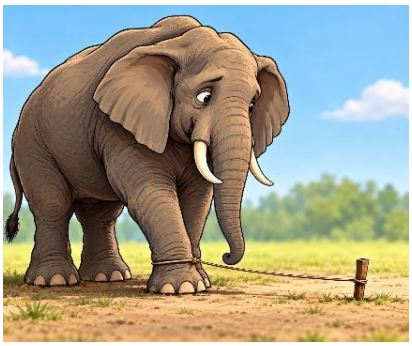


Total Life Chiropractic

***Total** Life Chiropractic …*
educating, adjusting and inspiring

Are You An Elephant On A String?



Have you ever been to a circus and wondered why such a big animal doesn't just break that tiny little chain around its ankle? The answer is that the elephant is living in a state of what is called "**Learned helplessness**."

The way to train an elephant is to begin by attaching a very big, very strong chain to its leg and then forcing it to go to the limits of the chain over and over again. Since this is such a strong chain, the elephant can't break it, and it quickly learns not to try anymore. It learns to be helpless.

After a while, the trainer uses a slightly smaller and weaker chain. He/she then progressively moves to smaller chains over time until one is reached that is the size you see in the circus (the size of a shoestring). The elephant may have the power to knock down a house but because it believes it cannot break the chain, it doesn't even try.

You might think, "Fascinating, but what in the world does that have to do with me?" Well, you see, most people were brought up in the medical mindset. That is, they were taught from a very early age that their bodies are defective or weak and need lots of help from the outside, to function well. In fact, the main goal of most people raised with this mode of thinking is not optimal function; it is simply not to get sick!

Is this you?

Have you been so conditioned by doctors, TV drug commercials and your community that you believe the condition you have**, "*is what it is*". Have you given up and come to terms with "your disease" living life at less than 100%?**

Time to break the chains!

Lifestyle may be the most powerful factor affecting about 50% of early deaths and even more of the chronic diseases affecting so many people today. The good news, we have the ability to change our lifestyle and change our future. Unfortunately, just like the elephant, we have become animals in captivity; not realizing or utilizing the power we truly have. Today, just like animals in captivity we need all kinds of intervention beginning at birth with the use of vitamin K shots, antibiotics in the eyes, too many vaccines to count, formula instead of breastfeeding, Tylenol for the fevers associated with the normal development of teeth and fluoride treatments in our water and toothpaste, etc. Our kids grow up constantly being told that they need to rely on something from outside themselves to function well and it is reinforced year after year, starting them young just like our elephant trainers.

At Total Life Chiropractic, we know that we have a God given intelligence within that allows us to thrive not merely survive. This intelligence allows our bodies to be self-healing and self-regulating.

Simply, we don't need all kinds of intervention, we just need to allow our bodies to do what they were designed to … thrive.

1. **Decide to Think Right.** This one is extremely important. Many people have given up. They've have a false realization that they are where they are because of past injuries, bad genetics, etc. They're stuck and they've settled.
2. **Decide to Eat Right.** A species-specific diet. Eat what humans were meant to eat. One ingredient foods.
3. **Decide to Move Frequently**. We do not have an established number of steps one should take per day but we do know that sitting around (or laying around) is extremely detrimental to your health, increasing all causes of mortality.
4. **Decide to Get Proper Rest.** It is during sleep that your body heals, regenerates and repairs.
5. **Decide to Get Adjusted!** It's not about relieving pain as much as it is about improving nerve flow from the brain to every tissue, organ and cell in your body, increasing health and vitality.9 Remember, it's a two-lane highway with information traveling from your body to your brain and from your brain to your body. No traffic jams. Specific, scientific chiropractic adjustments remove the interference allowing for improved function of every organ, tissue and cell while also helping people "break the chains" of believing they are defective and weak