



adjust your lifestyle™

# The Healing Power Within You

If you are in pain or suffering from a health problem this holiday season, then the greatest gift you can receive is to discover and release the healing power within you. This healing power is the same vitalistic energy that grew you from one cell at the moment of conception to over 80 quadrillion cells that are perfectly placed, organized and orchestrated in you as an adult.

Chiropractic works with this innate healing power, your Innate Intelligence, to help you recover quickly from injuries and enjoy the quality lifestyle you deserve throughout your life.

## How does this happen?

Your nervous system is the master control system of your body and healing energy flows over this network. With over 45 miles of nerves delivering over 3 million messages per second between your brain and every one of your cells, this pathway between your brain and body must be healthy for you to function properly. This pathway must also be clear for you to heal if you have been injured or you are sick.

Unfortunately, this communication pathway can experience interference. Nerve Interference that occurs in the spine is called a vertebral subluxation. Research out of the University of Colorado has shown that the weight of a dime can reduce nerve transmission. "Only five to ten millimeters of pressure can interfere with the nutrition of a nerve, starving it of nutrients," reports the Journal of Manipulative and Physiological Therapeutics. "Deterioration can occur within two weeks," according to Dr. Videman's research out of Finland.

Lifestyle Interference results from poor health habits such as overeating, poor nutrition, excessive drinking, taking prescription or non-prescription drugs, or sitting too much. Environmental Interference can be caused by toxicity from air, food, water, or chemicals, as well as accidents or natural disasters. All three types of interference can cause pressure in your spine and nervous system and affect your health on every level.

Rather than releasing the healing power within them, too many people treat their symptoms with over the counter and prescription drugs while the underlying cause, the interference, remains in their system and accumulates damage for decades. This has short and long term consequences.

The great thing is that as long as you are alive and breathing, and there is life flowing over your nervous system, this healing power stays within you, just waiting for you to get the interference out of the way. When you do, it goes to work and does its job! With consistency, not only can your body heal to the point where you feel better, your health can stabilize and your body can also regenerate.

How many holidays have you or your loved ones spent where you are waiting, hoping and praying for health problems to go away. Rather than receive another superficial gift and continue to suffer, why not ask your family and friends to deliver a gift that releases the healing power within you? Better yet, take responsibility and give that healthy gift to yourself.

Everyone deserves to be healthy and express their full potential from the time they are born through their last breath of life. This includes you. Release the healing power within you and make this holiday season the one you remember for a lifetime.



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