Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Rejuvenate Chiropractic Center's Patient Newsletter

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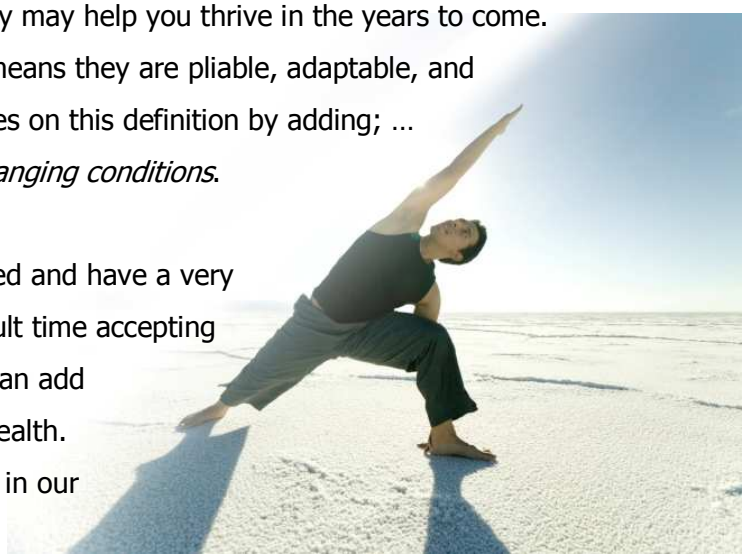
Dear Patient and Friend,

Flexibility is great for your health. Flexibility may help you thrive in the years to come. When individuals are taught to be flexible, it means they are pliable, adaptable, and responsive to change. The dictionary elaborates on this definition by adding; … *the ability of persons or things to accommodate to changing conditions*.



Many of us know people who are quite stiff, regimented and have a very difficult time relaxing. These people may have a difficult time accepting and adjusting to new circumstances. Being inflexible can add stress to relationships and become damaging to our health. In fact, research shows that being rigid and inflexible in our beliefs and behaviors can lead to heart disease.

After suffering a heart attack, the medical doctor usually encourages the patient to *learn to relax* and become more flexible in life.

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Flexibility is a term that we can apply to our physical bodies in addition to our attitudes, beliefs and behaviors. Physically speaking we can look at the spinal column as a good example of *accommodating changing conditions*, because it is the most flexible

joint in the body. The bones of the spinal column encase and protect the delicate nerves passing through the spinal cord. This is why it is so important that the spine remain flexible in response to body movement. When the body is stiff, rigid and inflexible, it is much more likely to have a breakdown in health.

Research shows us that the body tends to grow less flexible as we age. Physical inflexibility may begin with stress and eventually lead to the interference of nerve function. When flexibility has been lost in certain areas of the spine, the spinal bones begin to degenerate and may eventually become so malformed that nerve function becomes blocked.

Chiropractors, who regularly see what happens to the spine when flexibility has been lost in certain areas, specialize in looking at the spine to see when and where the spinal bones have become rigid or misaligned. This abnormality is called a *vertebral subluxation*.

If the subluxations are not corrected, overall health can be compromised. Many health symptoms may occur when the spinal bones become inflexible or misaligned. Low back or neck pain may be the first signal that spinal bones are misaligned. It is critical to have regular spinal evaluations to identify developing issues before they develop into more serious ones. If spinal bones remain subluxated and uncorrected they can begin to degenerate, reducing the size of the passageway through which nerves pass. Nerve impulses are thus hindered from reaching certain areas of the body. One possible effect of this degeneration is that uncorrected low back pain may lead to loss of bladder control because necessary nerve signals were interrupted.

Chiropractors help you maintain physical flexibility through regular spinal adjustments. Call today for an appointment so that you can optimize your health by maintaining flexibility of attitude, behavior and body.

Physical inflexibility may begin with stress and eventually lead to the interference of nerve function.

Children Need Chiropractic Too!

Common Questions Asked By Parents About Chiropractic

Which Common Children's Disorders Have Been Linked To Spinal Subluxations?

The most common reason children are taken to a doctor of chiropractic is for correction of spinal misalignments (subluxations) directly linked to some of the most common childhood disorders: earaches, headaches, colic, asthma, bladder control loss, stomach troubles, and growing pains. If a child is suffering from any of these issues, a visit to the chiropractor may be the answer.

Can My Family's Medical Doctor Or Child's Pediatrician Find Spinal Subluxations?

Parents sometimes wonder if the family doctor or pediatrician can find spinal subluxations or determine the necessity for chiropractic care. With the right chiropractic training, it is possible they could. However, just as parents would not take a child to the dentist to put a cast on a broken arm, or to a medical doctor for a toothache, mothers and fathers should seek the appropriate professional for determining the health of their child's spine - a doctor of chiropractic.

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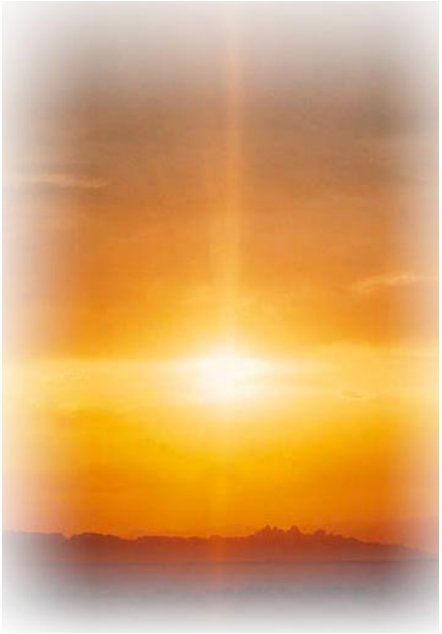
Americans are the most *overmedicated and overoperated on* people in the world. Hospitals are overflowing, mental institutions are flooded, the disease rate is increasing much faster than the population, and the cost of health care is rising even faster than the disease rate. Pills, shots and potions, along with unnecessary surgery, have made the U.S. the sickest, most drugged nation in the world.

Chiropractic care, on the other hand, has only one side effect - good health! Chiropractic care takes nothing away from the body, nor does it add anything to it.

Chiropractors simply locate and correct interferences to normal nerve control, so the power that made the body, can heal the body. Chiropractic plays an important role in taking responsibility for our health!

Closing Thoughts …

Interesting Facts To Brighten Your New Year



- At least five people in this world love you so much that they would die for you.
- At least 15 people in this world love you in some important way.
- The only reason anyone would ever hate you is because they want to be just like you.
- A smile from you can bring happiness to anyone, even if they don't like you.
- Every night someone thinks about you before they go to sleep.
- You mean the world to someone right now.
- Without you, someone would not be living today.
- You are special and unique in your own way.
- Someone you don't even know exists loves you very much.
- When you make the biggest mistake ever, something good will come from it.
- When you think the world has turned its back on you, take a closer look because you probably turned your back on the world.
- Always remember the compliments you received and forget any rude remarks heard.
- Always tell others how you feel about them. You'll feel much better when they know.
- If you have a great friend, take the time to let them know they are great.
- You can have anything you want if you are just willing to go after it.

We covered lots of information in this powerful newsletter. I am proud to be a chiropractor and equally proud of you, my family of wonderful patients and friends. You should be proud of yourselves for being at the leading edge in healthcare and for choosing the *Chiropractic Lifestyle* for your family.

Life is wonderful and we all live a blessed life. It is a privilege and honor to serve my patients and to team up with you and help you to accomplish all of your health goals. Please share this wealth of valuable information with those you care for. The best gift you can give anyone is a gift of HOPE.

As we kick off 2009, I wish for you a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health. I wish for you a ***Dream-come-true New Year***. This is the time of year to be most grateful for all of the miracles in our lives. What a perfect opportunity to share precious moments with family and friends. There has never been a better time to share your love with all of those around you. Together, we can all help to make our world a better and healthier place to live. Are you ready to make 2009 the healthiest, happiest and most prosperous year EVER? GO FOR IT! You deserve it.