

• UNDERSTANDING • chiropractic

Chiropractic health care is a branch of the healing arts which is based on the scientific principle that our nervous system controls or influences the function of all 11 trillion interconnected cells in our body. The term "Chiropractic" comes from the Greek word "cheiro and praktikos" meaning "done by hand."

The Chiropractic or wellness model of health is centered on the philosophy that the human body will heal itself given the right opportunity. In other words the body heals from the inside out.

Interference to the nervous system, caused by a vertebral subluxation complex (more commonly called a subluxation) will effect how the nervous system relates to the cells to which it influences.

Think of nerve irritation like a dimmer switch on your lights. If the dimmer is turned down, the lights are still on, but the light is low. If it is turned up too high, the bulb may burn out prematurely. Therefore the muscle or organ still receives the nerve impulse, however it is altered. This helps to explain why when nerve irritation exists in the middle back region, an individual may experience indigestion or an upset stomach.

Doctors of chiropractic (DC) essentially promote the healing process by minimizing interference to the nervous system. By detecting and correcting nerve interference, doctors of chiropractic facilitate the healing process, but it is your body that does the healing!



EXPERIENCE



CHIROPRACTIC

Our culture has reached the point where we must take a second look at certain established beliefs for the way we are being influenced in regards to our health care and the health care of our children. It seems as though the time has come to consider using conservative methods instead of simply following the accepted norms, and time to look at prevention in terms of nutrition, exercise, and chiropractic care...all of which allow the body to heal itself naturally, just like it was designed to do!

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