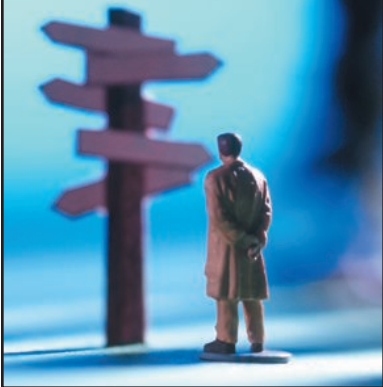
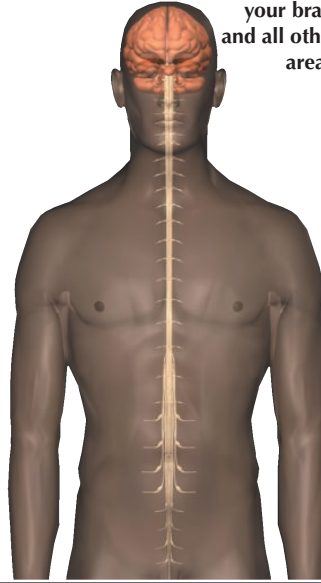


UNDERSTANDING CHIROPRACTIC

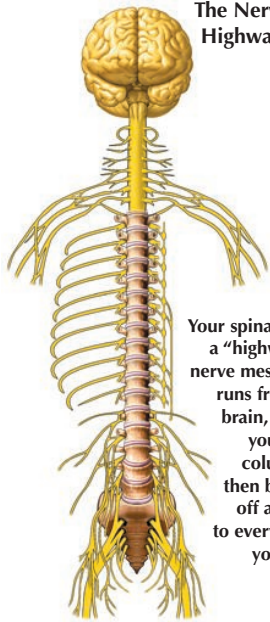
Your body has an incredible ability to heal itself.



Your body regulates itself through nerve messages transmitted between your brain and all other areas.



The Nerve Highway



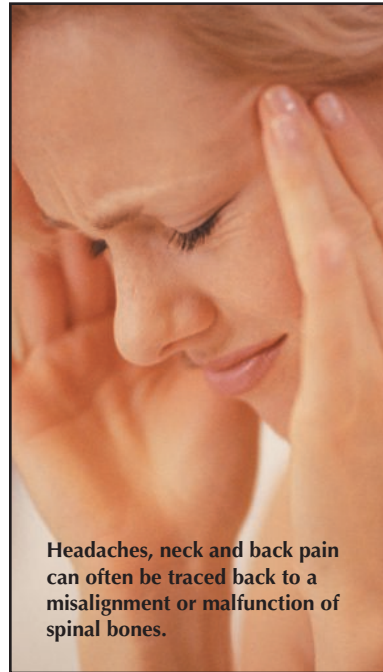
Your spinal cord is a "highway" for nerve messages. It runs from your brain, through your spinal column and then branches off as nerves to every part of your body.

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Your spinal cord is susceptible to injury.

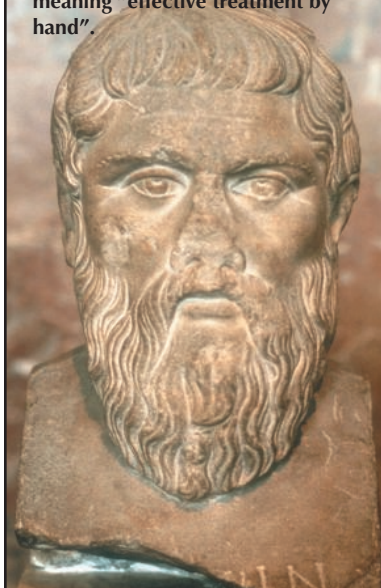


Your brain is protected by your skull. Your spinal cord is surrounded by the 24 moving vertebrae that make up your spinal column. If these vertebrae are out of position or moving incorrectly, they can irritate your nerves and alter the messages they send.



Headaches, neck and back pain can often be traced back to a misalignment or malfunction of spinal bones.

Chiropractic comes from the Greek word Chiroprakikos, meaning "effective treatment by hand".



A chiropractor's education is similar to that of a physician's.



They receive a minimum of 6 years of education including anatomy, physiology, neurology, biomechanics, x-ray and other related subjects.



Common practices like improper lifting, bending or poor posture can result in a series of "micro traumas", weakening the spine.

In addition, stress, poor nutrition and toxins can cause spinal problems.

Chiropractors are trained to detect, correct & prevent interferences in your "nerve highway" created by spinal misalignment or the incorrect mobility of vertebrae.

This helps your body to heal itself and function optimally.



Your doctor will ask about your health history and perform a thorough examination. If appropriate, they will "adjust" specific areas of your spine.

A chiropractic adjustment is a specific, directed force applied to increase mobility and help realign vertebrae.



Chiropractic is gentle, safe and effective for people of all ages.



Millions of Canadians see a chiropractor every year.

Chiropractic can change your life!

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