

Your Spine Is Your Lifeline...Turn It On

I refer to spine in the same context a dentist refers to the mouth. Of course well all know a dentist deals with teeth, well, in that reference, a chiropractor deals with the nervous system. Just as the teeth are housed in the mouth so too the nervous, more specifically the central nervous system, is housed in the spine.

Did you know your nervous system knows exactly how much blood pressure is needed every second to pump blood to every aspect of your body. The ability to monitor and replace every single cell in your body, except of course, the central nervous system itself. Which, in turn gives a new body year. Its aware of the exact amount of pressure you are putting on your bottom as you sit reading this paper. It knows and monitors the amount of oxygen in your blood and can increase the amount in just minutes. It is monitoring the amount of hydro chloric acid being released in your stomach as we begin the complex process of turning our meals into substance our body needs. Why the very pepsin released from your cheeks and tongue, that helps on the digestion process even as you contemplate biting into that wonderful steak, is tied into the nervous system. Every single muscle in your body gets it's message to act from your nervous system, every sensation we can experience is only allowed through the nervous system. So as you can tell the nervous system is a very important part of our body.

It stands to reason that if there is any interference with this all-important system the problems can be in many different areas.

Form follows function, if you loose the form the lost of function will soon follow. Example: Everyone stick out your index finger, make it straight, now kind-of poke it into your other hand, do you feel that jolt coming all the way down into your wrist and possible into your elbow. Now just bend your index finger a little bit allowing a curve to it, repeat the procedure. Can you sense the change? The same thing applies to your neck. Yet, the jolt will end up in your shoulders muscles and into the base of your neck.

How many of you think of a Doctor of Chiropractic as a pain doctor? Well pain has an important function. Just as you were alerted that its not a wise thing to put your hand on a hot stove, so too, when you have a pain its your

body's way of telling you something is wrong. Not to just turn off the signal by taking some pain pills. That's like the analogy of driving down the road, your oil light comes on, you pull over, wipe out a roll of duck tape, cut off a piece, place it over the light on the dash-board and drive on your way. The pain is your body's way of saying something is not right here. A good tooth doesn't hurt, does it? Your nervous system is trying to communicate with you, are you listening?

Being under chiropractic care is like going from a Pentium I to a Pentium III. As the spine is attended to, through chiropractic care, the body is able to function at a higher capacity. And a life of wellness can be had.

Your spine is your lifeline is it turned on?

For any questions please give our office a call, #303-2213

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