



### Pain is Not the Problem

Many begin chiropractic care because of an ache or a pain. Pain can be distracting, debilitating, irritating or annoying. Pain can be chronic, acute, intense or intermittent. Pain can be sharp or dull. And pain can be localized or general. But pain is not the problem!

Pain is a symptom. An effect. A signal. A sign. An indicator. A warning. Pain is no more a problem than a traffic signal or your alarm clock announcing that it's time to start the day. If there's a problem, it's the *meaning* we attach to the pain.

When we meet patients who are in pain, besides being compassionate, our first thought is that they must have exceeded some physical, chemical or emotional limit to which they can no longer adapt. And their body is saying "Whoa!" So, while we're interested in the pain, we're more interested in what was the underlying *cause* of the pain. Is it still present? Has it been present a long time? What brought it on? Plus, what change(s) are necessary to avoid this in the future?

Do you know someone who thinks pain is a problem? Please send them our way. Because in our practice pain is never a problem!

### Good or Bad?

It seems a week doesn't pass that we don't hear something about the dangers of eating, drinking or coming into contact with one substance or another. Yet, wait long enough and someone else comes out extolling its health benefits!



The "authorities" have flip-flopped about the safety of...

Sushi	Red meat
NutraSweet	Sucralose
Saccharin	Dyes
Perfumes	High fat foods
Decaffeinated coffee	Antibacterial soap
White bread	Hot dogs
Sugar	White flour
Coffee	Carbohydrates
Tap water	Margarine
Butter	Wheat
GM corn	Fluoride
Silver fillings	Tuna
Bacon	Eggs

Today, there is widespread agreement that some of these are actually poisonous neurotoxins!

Yet, for every person who has had an adverse effect, millions have not.

Hmmm. Maybe it's not just the substances. Maybe it's our attitude, stress level, ability to adapt (nervous system integrity), the toxicity of our environment and a constellation of countless other issues at play.

What do you think?

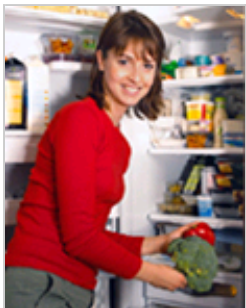
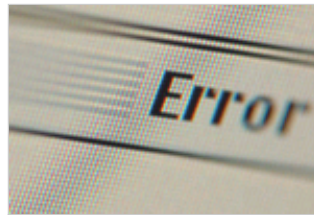
### Do You Get the Message?

Many people think chiropractic is about bones, especially spinal bones. But the fact is, we're much more interested in nerves. In particular, the nerve messages that travel between the brain and the body and the body back to the brain.

Any disruption or distortion of the controlling and regulating messages to or from the brain can result in ill health.

A common culprit is the 24 moving bones of the spine that cover your spinal cord. When spinal bones lose their normal motion or position, it can irritate nearby nerves. We call that a subluxation. Because the nervous system controls every cell, tissue, organ and system of your body, chiropractic care has been known to help a wide variety of health problems.

Do you know someone who has been told that it's "all in their head" or that they'll have to "learn to live with it?" Or someone who thinks they have a muscle relaxer shortage! Urge them to call us: (623) 512-4041



### Organic Foods - Unplugged!

It's great to see the interest in organic foods, but many are wasting their money. Because if they're shopping organically, but not getting regularly adjusted, they may not be fully benefiting.

Let's say you go grocery shopping. And because you've wisely shopped the perimeter of the store where the fresh foods are, you return home and put things away in the refrigerator. But your refrigerator isn't plugged in! It has a major subluxation at the electrical outlet!

Just as your body cannot properly digest foods with a subluxation interfering with your digestive system, your refrigerator cannot preserve your foods without a properly working electrical system. Your nervous system runs the whole show. If it doesn't work right, *you* don't work right. And if you're not working right you can't fully benefit from organic foods, gym membership or other 'healthy' habits.