



## What Does an Adjustment Do?

Probably the biggest chiropractic misconception revolves around the adjustment. Naturally, we chiropractors think the adjustment is pretty special. Along with sharing the principles of chiropractic it's the most important thing we do.

Chiropractors understand that the underlying cause of many health problems is from nervous system disturbances along the spine. This often shows up as one or more spinal bones that are stuck and not moving correctly. Many think that a chiropractic adjustment puts the wayward bone back into its proper position with the bones above and below it.

It doesn't work quite like that. If it did, all you'd need is just one adjustment!

Instead, consider this. Bones are static structures. They only move when acted upon by a muscle. And muscles only contract when commanded by your nervous system. That's why chiropractic is actually about the quality of your nervous system, not the condition of your spinal column.

Your body does the healing. The adjustment just helps things along. I use what I know about anatomy, physiology and spinal biomechanics to partner with your body's wisdom. Repeated visits help retrain muscles and with time, your body can "right" itself.

## How Long is This Going to Take?

We've all heard the cliché that once you go to a chiropractor, you have to go for the rest of your life. Fearing that they'll get "addicted" to adjustments or become dependent upon them has likely stopped countless people from benefiting from chiropractic. It all depends upon what you want.

## Temporary Relief

Depending upon your problem, how long you've had it, your age, stress level and countless other factors, we've seen folks enjoy relief in as little as a visit or two. Yet, without continued care you're inviting a relapse of your original problem since healing supporting muscles and ligaments happens with continued care *after* symptoms subside.

## You're Not a Machine!

It's convenient to think of our bodies as machines. Consider the increasingly sophisticated computers and robots that now do what humans previously did. Seeing ourselves as machines overlooks one critical difference. You and I are self healing. Machines aren't.

It's this self-healing capacity that intrigued the very first chiropractor. Why was it that one man would get sick, when another working beside him, exposed to the same germs did not? This led D.D. Palmer to question the prevailing germ theory of the time. "It must not be the germ, but something intrinsic to the man," he surmised.



This fear of germs still lingers in our culture. We mistakenly believe that killing germs will produce health. Yet, healthy individuals are equipped to handle just about any germ that comes our way. In fact, your body is doing it right now without a single conscious thought.

## Patch and Fix

After enjoying a reduction in your original symptoms, it's wise to continue your care so more lasting changes can be made. Naturally, this takes longer. Some find that it can take months of care to see a lasting resolution of their problem. Again, it varies from person to person and is dependant upon consistent appointments, better diet, proper exercise, etc.

## Prevention and Wellness

I think this is where the cliché got started. Many of us choose to continue our chiropractic care on a periodic basis—even when we're feeling great. Our objective is to *stay* well after we *get* well. This way we deal with life's stresses before they become full blown problems. It's based on the same wisdom of having periodic eye or dental exams.

We offer choices so you can benefit from chiropractic care for as long as you wish. After all it's your health. You should be the one to decide.

## How Do You Spend Your Time?

What with fax machines, overnight delivery, drive up windows, microwave ovens, email and the like, it seems the latest time-saving technology does little more than increase expectations. And stress.

How we use time to fulfill our priorities can be a major source of stress. How you use this most precious of all resources reveals a lot about your purpose and what you value.



Many of us work 60- and 70-hours a week in the hopes of having a better life for our families. But our families hardly see us. Could it be that we actually find our work more rewarding and fulfilling than our families? Turns out that success, achievement and a sense of peace are not destinations. You can have them instantly by slowing down and counting your blessings. Embrace an attitude of gratitude. Check your priorities.