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A Better You™ News

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Done Already?

Regular Adjustments

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How long do you intend to brush your teeth? Probably the rest of your life, right? How come that after brushing your teeth yesterday, you'll likely brush your teeth today, tomorrow and next week?

Is it because your teeth hurt? Because you have a cavity? Will you brush your teeth because the accumulated plaque is inflaming your gums? Probably not.

It's a habit you've developed. One of the good, healthy habits. Maybe you like how your mouth feels after brushing. Or you want to avoid painful visits to your dentist. Or you want to prevent the social stigma of bad breath.

Even with this daily maintenance you'll probably visit your dentist from time to time. Yet, no one ever observes, "Once you go to a dentist, you have to go for the rest of your life."

This issue is often raised by those who don't understand the wellness nature of chiropractic. We're committed to detecting and reducing the effects of physical, emotional and chemical stresses to your spine and nerve system. For as long as you experience them. Which for most of us, will be for the rest of our lives!

Done Already?

"Is that it?" When many people are first exposed to chiropractic, they are surprised at the shortness of a visit to the chiropractor. Our society has become accustomed to the idea that "more is better." Yet some of the most important things in life take only a few minutes. Or do they?

The actual birth of a baby takes only a few minutes. Yet it may take hours of labor to reach that culminating event. The development of a child takes about nine months, no short time. However, when you look at the beauty and marvel of the "end product," nine months is a relatively short time. We are painfully aware of how quickly a human life can be snuffed out.

One long forward pass

Many not so important things, depending on your perspective, take only a short time. One long forward pass in a football game can take less than ten seconds to complete, yet it can change the outcome of the entire game. Many basketball games have been won and lost in the final few seconds, yet no one would suggest that only the last minute of every game should be played, because events and

actions that take you up to that point are very important.

The chiropractic adjustment only takes a few minutes. Yet there are years of training and experience that go into that adjustment. A professional quarterback may walk out of a huddle and throw a picture-perfect 70-yard touchdown pass, but years of practice and training enabled him to do that. The same is true of the chiropractic adjustment.

What's the response?

There is another important concept to understand with regard to the adjustment. The importance of the adjustment is what the body does in response to the correction of the vertebral subluxation. The vertebral subluxation is a small thing, but so was the short circuit in a relay station that caused the "New York Blackout" some years ago. It was a small thing, but the effects were monumental; the largest city in America was paralyzed. The vertebral subluxation causes the entire body to function at less than its potential because the human organism is interrelated and interdependent. That is no small thing. The chiropractic adjustment corrects a vertebral subluxa-



Often, it is the little things that have the greatest impact on others.

tion. That correction gives those billions and billions of cells the potential to once again work in a coordinated manner. The inborn wisdom of the body is able to once again produce normal function, regenerate depleted tissues and heal itself.

Life-changing effects

It is true the chiropractic adjustment is done quickly, but the effects can be literally life-changing. The results of that short procedure can last a lifetime. That is why the chiropractic procedure is so important, regardless of the small amount of time it takes to do it.

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