



# Understanding Chiropractic

A natural choice for health and wellness

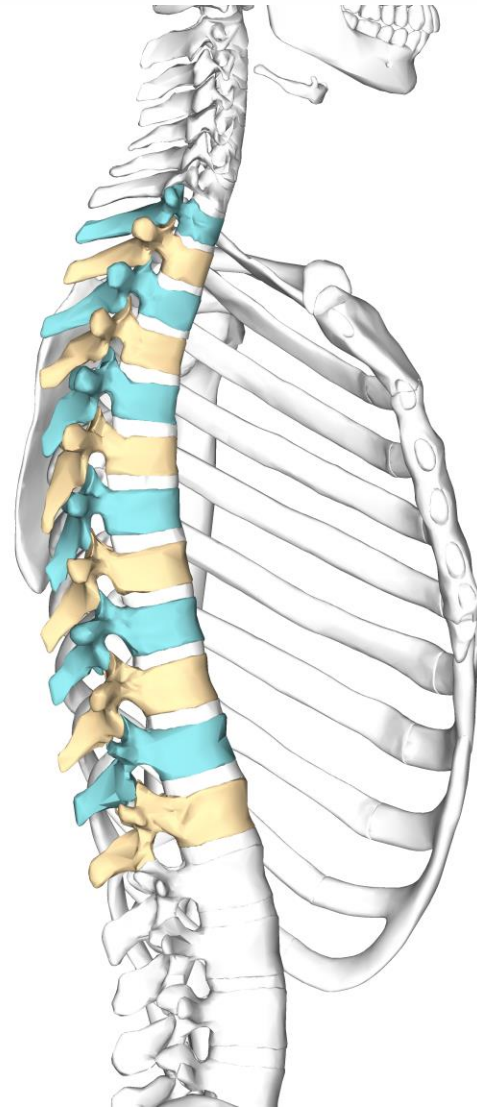


# What is Chiropractic?

- ▶ chi·ro·prac·tic
- ▶ 'kīrə,praktik/
- ▶ *noun*
- ▶ noun: **chiropractic**
- ▶ a system of complementary medicine based on the diagnosis and manipulative treatment of misalignments of the joints, especially those of the spinal column, which are held to cause other disorders by affecting the nerves, muscles, and organs.

# What does that mean?

- ▶ We have 31 pairs spinal nerves that runs from our spine to every muscle, organ and tissue of our body.
- ▶ Our nerves communicate back and forth to our brain through electrical impulses.
- ▶ If we have a bone out of place, that misalignment can block the nerve impulse, causing interference and malfunction in the body.



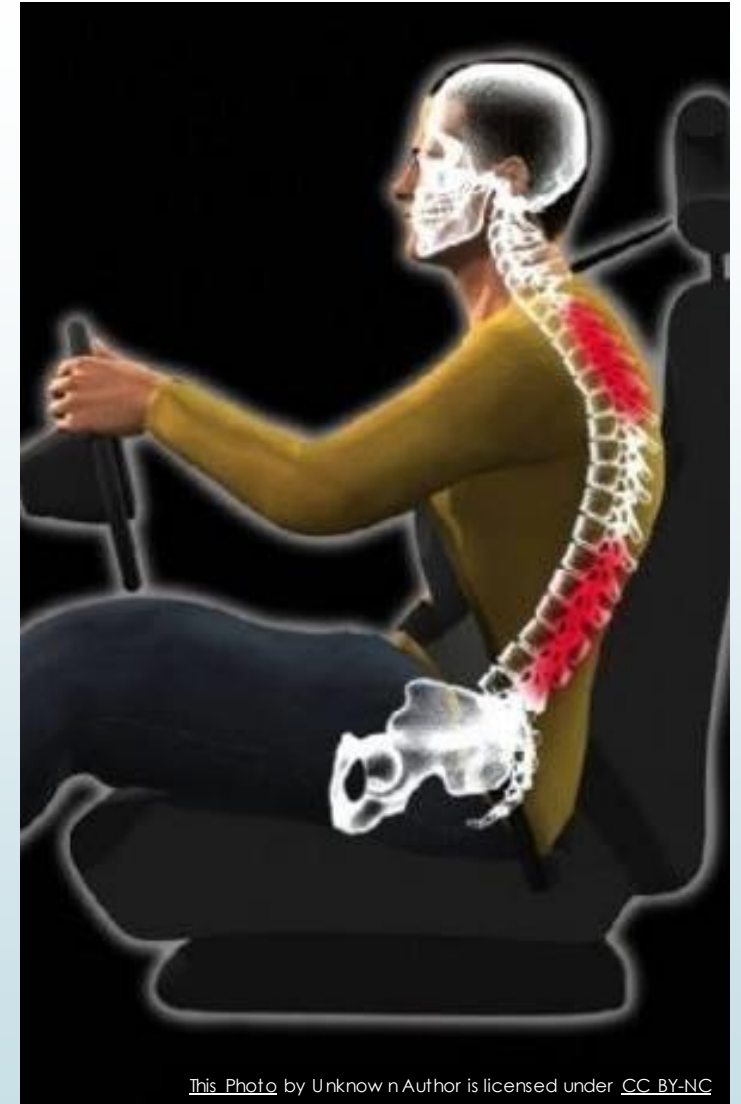


# Chiropractic Explained

- ▶ The bones in your body can shift out of place and cause a misalignment or vertebral subluxation when it happens in the spine.
- ▶ Chiropractors correct misalignments/subluxations by performing adjustments to the spine either by hand or by instrument.
- ▶ When the correction has been made, the body can now function at it's full working capacity and potential because there is nothing to block the communication between your brain, spine, and every area of your body!

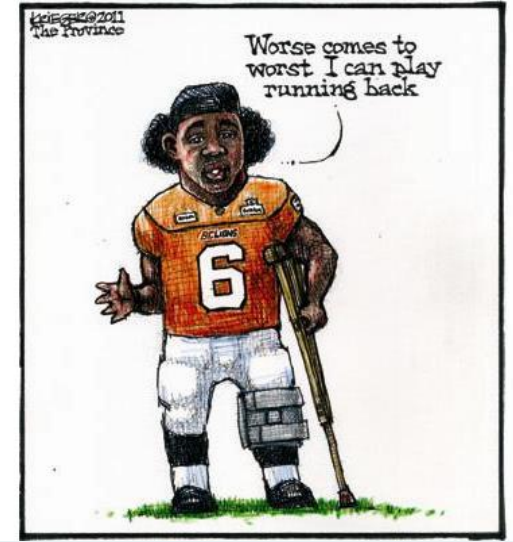
# Have you ever been hurt?

- ▶ How did you get hurt?
- ▶ What did you do to fix it?
- ▶ Did it help? Why or Why not?
- ▶ Would you try going to a doctor?

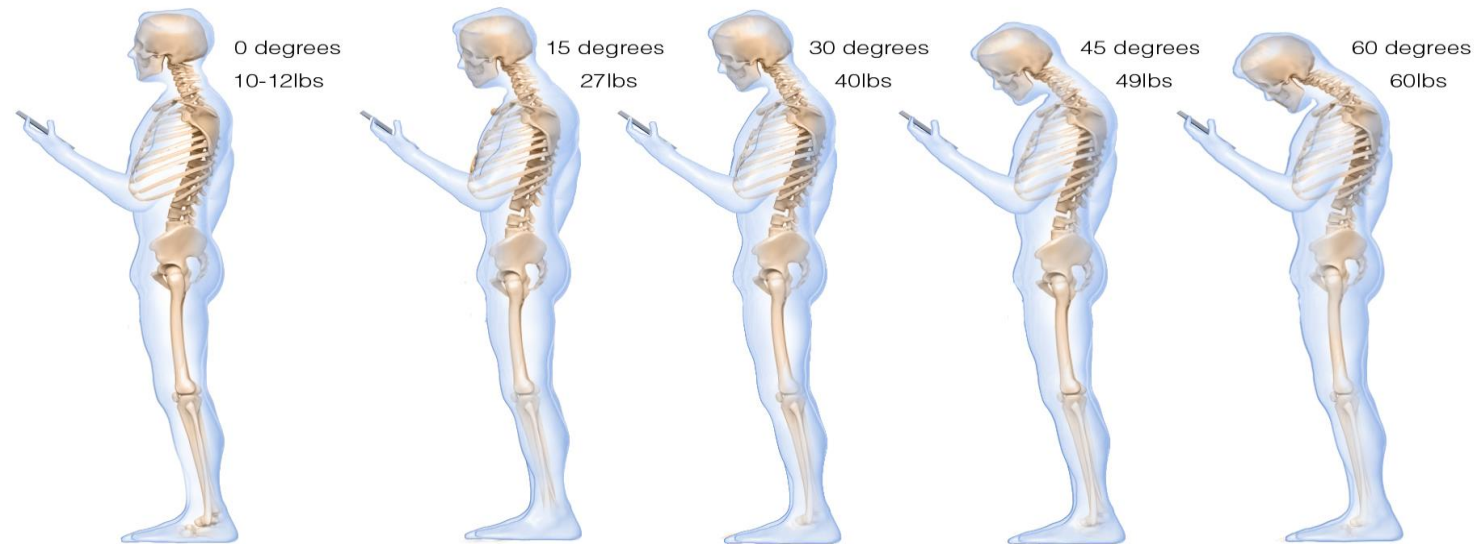


# Sports Injuries

- ▶ Some injuries are pretty bad and may require surgery.
- ▶ Have you ever considered chiropractic care and treatment to help with the most common injuries?
- ▶ Did you know that chiropractic can help with healing and recovery?

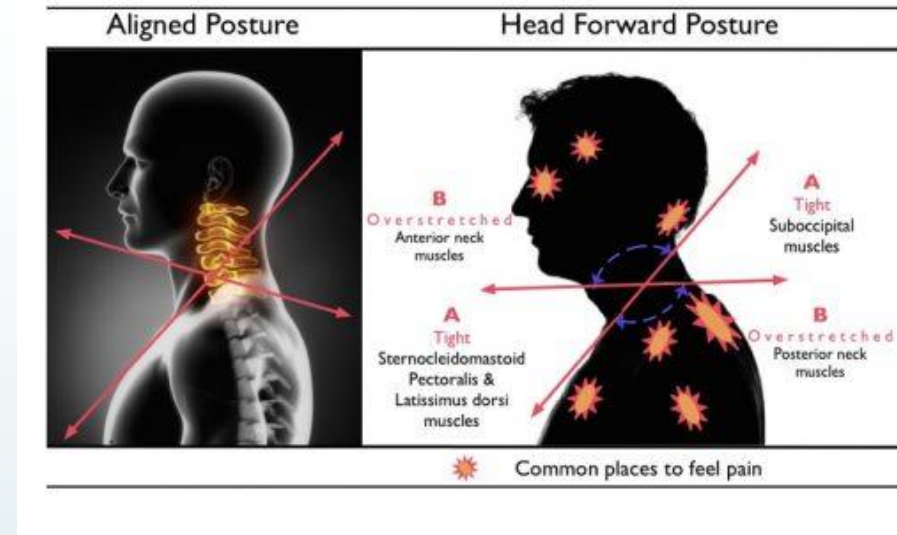


# Protect Your Neck!



# Does This Look Familiar?

- Poor posture can lead to pain and other health problems...
- Headaches
- Neck pain
- Shoulder pain
- Stomach and digestive issues
- Loss of lung capacity: "I can't breathe."
- Spinal degeneration: bone loss

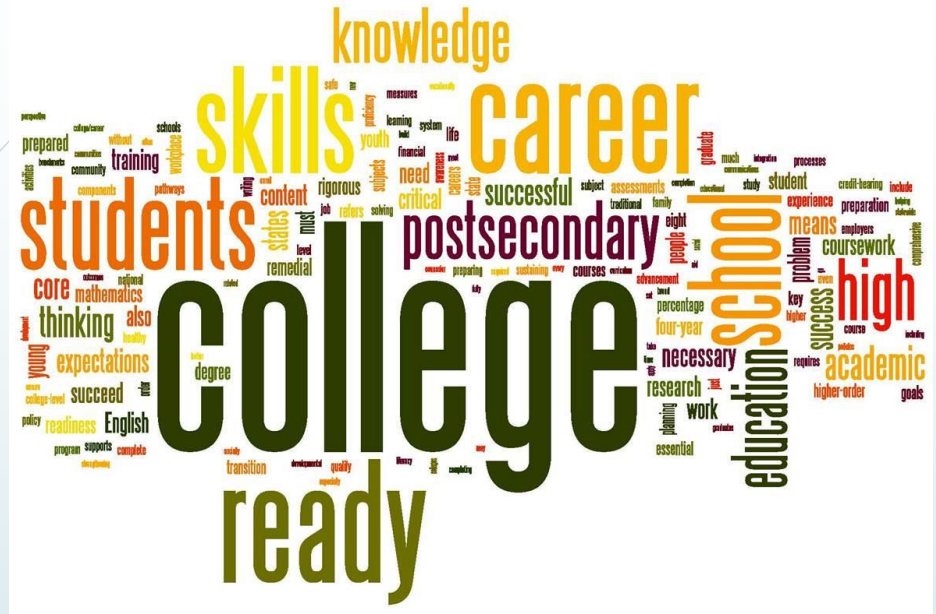




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# Prevention and Good Habits

- ▶ What are some good ways to stay healthy?
- ▶ Diet and Exercise?
- ▶ How much sleep and rest do you get each day?
- ▶ How do you handle stress?
- ▶ What can you do better?
- ▶ How can school, family, and friends do better?
- ▶ If you could change anything, what would it be?



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Think about your options...