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## **WELCOME TO PROVIDENCE CHIROPRACTIC CENTER**

Our bodies are amazing machines. They do some things without our conscious involvement...like keeping our hearts beating, regulating our body temperature and breathing rate, secreting hormones...and much more. And all of this without our single thought (for the most part).

Our bodies also respond to our conscious desires...like moving a limb, looking up or down or to the side, bending and twisting, sitting, standing, throwing a ball, stitching a stitch, and even still more.

All of these functions are controlled by information transmitted through our nervous system...our brain, spinal cord and the many, many nerves that tell our body what to do. Via a complex communication network, nerves tell our brain what's been done in our body. This incredible and delicate system, designed to keep us going and going and going, is usually flawless.

However, sometimes the nerve flow through our nervous system gets interrupted. One source of interruption is when one or more vertebral bones slips out of place and puts undue pressure on the spinal cord or delicate nerves that leave the spinal cord. These misalignments are called VERTEBRAL SUBLUXATIONS (herein called SUBLUXATIONS). Chiropractors are the only doctors specifically trained to detect and remove SUBLUXATIONS, and we remove SUBLUXATIONS using a gentle procedure called an adjustment.

Many everyday activities can cause SUBLUXATIONS. These activities include emotional stress, picking up a heavy object, taking part in a sporting event, automobile accidents, playing with children, work stress, giving birth and even sitting for too long in front of a computer.

Science does not fully understand the human body well enough to predict exactly what effect a SUBLUXATION will have, as we are each dynamic and different. The nerve system is far too complex for that. But science does know that *any* change in the flow of nerve impulses has an adverse effect on our body's ability to maintain our normal internal environment.

Sometimes, nerve interference is obvious. We experience pain, soreness, fatigue, numbness/tingling in our arms or legs, weakness, digestive disturbances or other health imbalances. These are signs of the body's malfunction.

Unfortunately, SUBLUXATIONS can lower our health potential **without** obvious signs of a problem. This is the most devastating effect of SUBLUXATION as these “silent” SUBLUXATIONS can go undetected and they may never allow an individual to truly reach their potential...physically, mentally or socially. If you wait until your body sends out clear signals (symptoms), it may be too late. You need to remove SUBLUXATIONS before they have a chance to do major damage and before they become difficult to correct. This finding alone is the most important reason for **regular** spinal performance checks.

Your initial examination in our office is to determine if you have SUBLUXATIONS and, if so, what is the best approach to take for your care. We look forward to becoming an integral part of your healthcare team that seeks to assist you in reaching your optimal health potential.

Andrew Weil, M.D. is perhaps one of the most recognized faces in healthcare today. He is a graduate of Harvard Medical School and is currently on the faculty of the University of Arizona Medical School where he teaches doctors and medical students that traditional medicine does not heal...only the body heals. He recently wrote:

“You were born with the amazing power of self healing. This natural ability of your body and mind has helped you to thrive and resist serious disease throughout your life.

However, the older you get, the smarter you need to be about protecting your health. The modern world we live in subjects you to all kinds of environmental toxins, cancer causing chemicals and physical and emotional stress. These factors can weaken your natural self-healing abilities, so that they no longer protect you the way they should.

Conventional medicines weren’t designed to restore your innate healing powers—their job is simply to lessen your symptoms. While they bring you symptomatic relief, many of your health problems often recur. As a result, like most Americans, you’ve begun to explore more natural remedies and alternative therapies.”

Many people turn to Chiropractic for a natural way to become and stay healthy. Over 100 years ago, the founders of Chiropractic postulated that stresses reduced the body’s innate ability to self-heal and self-regulate because these stresses adversely affected the controlling system of the body, your nervous system. Today, millions of people are proving the founders to be correct. Congratulations on making your decision to become healthy the natural way.

**Welcome to Providence Chiropractic Center.  
We look forward to the privilege of serving you  
and participating in your healthcare.**

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