

**Q. What is an adjustment?**

A. An adjustment is the moving of a bone to its proper position.

**Q. Why does it matter if my bones are in the proper position?**

A. When a bone is out of position, many things happen. Supportive tissue, muscles, discs and ligaments are stretched out of position which causes a swelling which causes an increased inflammation which causes nerves to be irritated which causes nerves to not work properly. Repositioning or adjusting the bones reverses these changes.

**Q. Why do I have to get adjusted again and again and again?**

A. You don't have to- you GET TO- and only if you want to. The reason to be adjusted is to create a "correction". It's very much like getting braces on your teeth. Braces on for five minutes won't make much of a change, but braces on and adjusted for a period of time create a change.

Another way to look at it is with any "muscle memory" exercise. Work your abs one time: no change. Work your abs often and for a longer period of time, over time the muscles remember to be strong and the body changes. Same with adjustments- but good or bad, you need me to do it.

**Q. What is that sound when I get adjusted?**

A. Truthfully, no one knows what the sound is. We know that it isn't bone on bone, and that's all that matters.

## **Q. How do I get “not electric”?**

A. Any overload of the nervous system can “blow” your electricity. An upsetting thought, taking in a fume or toxic breath, eating or drinking something that stresses the digestive system, a physical trauma such as a fall or even a misstep can cause an overload of your nervous system and make you non-electric.

Imagine the electrical system in your house. If you decided to put 20 lamps in one receptacle (which was designed for two) you would blow a circuit. That’s what being non-electric is- having had some stress that was an overload.

## **Q. What does it mean when I’m not electric?**

A. Being non-electric means the energy (electricity) in your brain is not getting to the rest of the body. In simple terms, it is exactly like taking a perfectly working remote control and turning the battery around. The battery is still good, the remote is still good, whatever the remote operates is still good, but nothing is working. There is no need for a new battery or remote- just turn the battery around. That’s what we do with ankle adjustments.

## **Q. What are you doing when you have my arm up in the air?**

A. When your arm is up and out to your side, you are being checked for interruptions in your electric flow. When your arm goes down it is telling me that the point of contact is where the interruption is located. The purpose of this testing is to find what needs to be done to improve your health. The test is also used to determine the result of what was done. If the arm still goes down, we are not done. If the arm doesn’t go down, we’re done.

**Q. My neck and shoulders hurt after a day at work. Can you tell me why?**

A. Many times people are sitting in front of computers for extended periods of time at work. There is a simple test to perform to see if your computer screen is in the correct position.

1. Sit in front of your computer with your butt behind you, your back straight and your shoulders parallel to your desk.
2. Close your eyes (for steps 3 and 4).
3. Nod your head yes three times. Nod your head no three times.
4. Bring your head to a neutral position.
5. Open your eyes. If your eyes don't fall squarely in the middle of the screen, the screen needs to be readjusted so that when the test is repeated, your line of sight falls in the middle of the screen.

This test can be used for television viewing as well.

**Q. I have chronic foot pain. It's been called "plantar fasciitis". The doctor said there's nothing I can do for it. Is that true?**

A. Many times a diagnosis stops doctors from looking at the issue any further.

Plantar fasciitis sounds good, but what does that mean? It means your foot is hurting all the time, sometimes to the point where you can't wear shoes or even bend your foot.

We know that the foot is very complex and has a lot of bones. We also know that when there is pain and dysfunction there is swelling (which you sometimes can't see) that presses on the nerves of the foot.

Adjustments of the foot can reduce swelling. In addition to adjustments, soaking your feet in cold water from the tap (no ice or refrigerated water) for five minutes five times a day will, over time, by reducing swelling, reduce your pain level.

## Q. You don't want me to drink water, but everything you hear is "make sure you drink a lot of water". What's the deal?

A. Well, really it isn't "water" they mean to say- it's "fluid". That's why we ask you to have juice and diluted juice (dilute with water) and herbal tea (made with water) but we do not want you to drink water by itself.

We depend on the WATER CONTENT of juices, teas and the foods we eat to maintain a high level of hydration in the body. Proteins such as meat, fish, chicken and eggs have high water content, therefore they are hydrating. Fruits and vegetables have a high content of water which makes them hydrating. These foods add to the hydration of our tissues and blood. Owing to their low water content, grains and starchy foods rob fluids from our body.

### **We want you to have water in its natural whole food form.**

Water by itself is not an organic\* substance, meaning that it does not contain anything that was alive. "Alive" is the issue. The cells of your body will not absorb anything inorganic. That is why we use water to make tea and dilute juice: the once-alive substance allows the nutrition and the benefits of the water into the cell.

Eating foods that are organic ensures that the nutrition in the food will be recognized by our bodies as "real" food.

*\* although we believe organically grown foods are best, the definition of "organic" we refer to here means "derived from living organisms".*

## **Cholesterol, cholesterol, cholesterol.....**

...the truth about cholesterol. This conversation is usually started with the topic of the prescribed breakfast which features eggs. Contrary to popular belief, dietary cholesterol is not responsible for raising blood cholesterol levels in humans- saturated fat is. An organic, free-range egg contains 4.5 grams of fat, 1.5 grams of which are saturated. Foods high in saturated fat include butter, cheese, whole milk, and certain cuts of pork and beef.

The diet we prescribe (The Paleolithic Diet) avoids such foods that are high in saturated fat and instead focuses on foods that supply high concentrations of necessary nutrition which in turn provides the body with optimal health.

Eggs are not "dangerous" in a healthy diet. They ARE dangerous in the average American diet, which is laden with fried foods, laden with refined sugar, laden with refined flour, laden with dairy and laden with artificial food substances (also known as chemicals) such as partially hydrogenated oils, synthetic sweeteners and artificial dyes and flavors.

The most critical issue regarding cholesterol is where it is absorbed, how it gets absorbed and the ultimate damage that is done to our bodies. Dangerous fats are absorbed into the bloodstream from the large intestine. The health and functioning of the large intestine is most critical. The wall of the intestine is made of villi, finger-like projections, which are meant to massage the remains of digested food while absorbing vital nutrients through to elimination. THIS IS THE CRITICAL POINT. GET IT! Consuming starchy (carbs), congesting (dairy) foods causes a horrible buildup of gunk that obliterate the villi. Imagine gluing your fingers together and trying to use your hands to perform any of their normal functions. Once the villi are rendered powerless to perform their most important task (moving food quickly through the bowel and therefore preventing absorption of fats) the bowel is not able to do its job efficiently, food sits longer than necessary and fat and cholesterol are absorbed.

A clean, healthy diet leads to lower cholesterol levels!