

## THE TRUTH

The right adjustment at the right time given for the right reason with the right intention can change the vibration of every cell in your body, creating the right response.

Life happens- the more life happens, the more the right adjustments are needed. By “life” we mean any of the stressors that impact us, such as thoughts, breaths, substances (anything we eat or drink) or actions (any movement or posture, intended or unintended). Every one of these has an impact on the functioning of our nervous systems.

An adjustment is similar to pressing “refresh” on your computer.

Just like anything in life, chiropractic is not what you think it is. It is an important venue to keep a body functioning at higher and higher levels of health. It is not just a way to fix a bothersome back as most people think or to fix asthma or migraines as some people think or to keep the body healthy through prevention as a few people think. It is a way of staying whole as almost no one knows.