



A HEALTHY NERVOUS SYSTEM? 10 REASONS WHY:

1. More Energy

The vital energy that runs your body comes from the brain, travels over the nerves and gives vitality and vigor to your body. If that energy is interfered with (a subluxation), your body will not work at its fullest potential.

2. Clearer Thinking, Concentration and Memory.

Did you ever have a day when your mind was extra sharp, thoughts and ideas came quickly or your memory was especially good? Ever have just the opposite type of day? Your body chemistry largely determines your ability to think, concentrate, and remember. Body chemistry is controlled by your nerve system and your nerve system works better without any interference (subluxation)

3. Less Stress

How can getting adjusted make your job easier or cause your kids to give you less problems? Well, it cannot. But there is a difference between adversity and stress. Adversities are the circumstances of life. You cannot change them. Stress is the inability to handle those adversities. How well your body is working will determine to some degree how much adversity you can handle and how much stress affects your life.

4. More Sleep

All sleep is not the same. Just because you get ten hours does not mean you are getting the kind of rest you need. At different times, we have all awakened refreshed, sluggish, or tired from the same amount of sleep. How well your nerve system is working will determine how much of your sleep is real sleep and not just "down time."

5. Greater Value from Your Exercise.

We all need to exercise regularly. Some of us do not have the energy to get up off the couch and begin a workout, although that is an issue we have already addressed. Some of us have an interference in the nerve system that keeps the muscles of our body from receiving a full complement of vital life energy. It is like trying to exercise a paralyzed muscle. There is not enough energy going to those muscles.

6. More Balanced Chemistry.

The proper balance of your body's chemistry is unique for you. Only the innate wisdom of your body knows exactly what it should be. People can only guess. The organs, glands and cells of the body must be working properly to produce just the right amounts at just the right time. Your nerve system is critical in the coordination of that function.

7. Increased Income Earning Capacity

If you had more energy, clearer thinking, a better ability to handle adversity, more alertness, and were functioning at a higher level physically, mentally and emotionally, you can work more, work harder, get a better job or possibly a promotion, or even start a business of your own.

8. Improved Relationships.

Why is it that some people seem to be able to get along with people that you cannot stand? Perhaps it is you. If you were functioning at a higher level, if your body chemistry was balance, perhaps you could handle them better and not be stressed by whatever it is about them that affects your relationship. Even better, get them to a chiropractor and you could, perhaps, become best of friends!

9. Better Digestion

There are probably hundreds of reasons why certain foods affect certain people. Most times, the cause can be traced back to the inability of the body to handle that food. *If it was the food, then it would negatively affect everyone.* There are many reasons why *your* body, in general, and *your* nerve system, in particular, may not work properly. One of those reasons, an interference in the nerve system due to subluxation, can be addressed by regular visits to the Chiropractor.

10. Enjoy Life More.

The bottom line is to have a happier and more fulfilled life. If you see improvement in the areas above, your life has to be more enjoyable. Even some of the things you do not enjoy now could become more pleasurable and rewarding. Getting adjusted regularly just makes sense!