

Wellness

TRINITY
CHIROPRACTIC
THE CHOICE
OF A HEALTHY
GENERATION



April 2009 - MOTION IS LIFE

God made our bodies as a phenomenally complex grouping of nerves, muscles, joints, and bones that intimately work together to achieve Motion. This is why we say that Motion is Life, and is the key to maintaining a high quality of life and feeling youthful.

Our entire body was designed for movement: nerves signal the contraction of muscles, muscles then

act as levers moving bones, and bones can only move when muscles cross joints. Nerves also give the brain feedback about the motion that is occurring.

Current research has demonstrated how vital motion is for our overall health. In fact, a lack a motion has negative effects on our ability to concentrate, the strength of our immune system, emotional health, energy levels, digestion, sleep cycles, and even life span! If you are lacking in motion, your body will begin to degenerate prematurely.

How can lack of motion manifest? Aside from deteriorating mental and physical health, you can experience many symptoms such as hypertension, headaches, and

anxiety. The lack of energy and impairment of focus will make you less productive at work and home, and because you have less energy, your activity levels will tend to decrease as time goes on. This gets you caught in the downward spiral of decreased energy and activity until you are physically exhausted at the end of each day, even if you work at a desk all day long.

As a Chiropractor, I work to restore motion to the body by releasing tension from immobile joints. This stimulates the nerves that control the muscles that move your joints, allowing your own God-given ability to heal restore your body from the inside out!

-- Dr. Cole

The Bottom Line



1. Physical health, mental health, and emotional health are all linked to Motion.
2. Drugs and Doctors do not heal, only your body and Creator can do that.
3. All I do is facilitate change and restore motion.