

What heals our bodies?

by Dr. William R. Mayer BS DC PA

When a sperm fertilized an ovum and you became you, a genetic blueprint was created that determined the color of your eyes and millions of other details about you.

To control and organize your growth, the nervous system consisting of your brain, spinal cord, and all the nerves of your body were the first tissues formed.

Today your nervous system controls the function of every cell, tissue, organ and system of your body.

Your brain is protected by the skull. The vital communication pathway of the spinal cord is vulnerable, covered by 24 moving bones of the spinal column. Pairs of nerve roots branch off the spinal cord between each spinal joint to service the organs and tissues of your body.

Because of the way your spine was

designed, improper motion or position of spinal bones can irritate or choke delicate nerves — interfering with the function of the tissues they control. Doctors call this a subluxation.

Trauma which may occur to the spine from the birth process is often the first source of nervous system interference.

Car accidents, stress, poor diet, long periods of sitting, and many other everyday activities can cause the bones that cover your spinal cord to lose their normal position and motion.

Without a normal nerve supply, affected organs and tissues are more susceptible to disease, often producing the symptoms of pain and ill health.

Headache and low back pain can often be traced back to spinal malfunction and nervous system interference.

Doctors of Chiropractic are specialists in the detection, reduction, and preven-

tion of nervous system interference.

Today chiropractors require four years of undergraduate study plus four years of chiropractic school. Before starting practice they must pass National and State Board Examinations.

To determine the cause of your health problem, chiropractic doctors examine your spine to locate any areas causing nervous system interference.

You'll be shown the exact locations of any nervous system interference and get specific recommendations for your chiropractic care program.

Your doctor will use carefully directed and controlled pressure to return malfunctioning spinal bones to their proper motion and position, reducing nerve interference.

This procedure is called a chiropractic adjustment. There are many ways to adjust the spine. Adjustments feel good.

Millions of chiropractic adjustments are safely delivered every day. In fact, chiropractic adjustments are safer than back surgery, muscle relaxers and even aspirin! So safe, even newborns can receive chiropractic adjustments.

Regardless of the type of doctor you consult, doctors don't heal. Only your body can heal itself.

The chiropractic approach to better health is to remove interferences to your own inborn healing ability. Chiropractic makes sense. It's provided by well educated doctors. It's safe. It's natural. It looks to correct the underlying cause(s) of your problem. And most of all—it works.

Submitted by Dr. William R. Mayer BS DC PA ♦



BACK TALK

Dr. William R. Mayer