



FOUR FACTS THAT CAN AFFECT YOUR HEALTH

By Dr. Jerry Zelm

ONE: “Your brain and nervous system is the greatest computer and electrical system known to mankind.”

The impulses that travel from your brain and through your nervous system to the rest of the body are equal to the electrical output of a 10,000-volt cable. These nerve pathways must be kept open in order to carry on countless body activities every second of your life.

Two: “Most people have nerve blockages (called subluxations) in their spine at any given time, often without knowing it.”

The only persons who don't have these blockages are persons who've never had a slip or fall, an accident, a strain or a sprain, either in childhood or adult life. Therefore, most people have vertebrae that have shifted out of place and are blocking vital nerve messages from the brain to parts of their bodies. The reason they don't always feel them is because the body has this incredible method of covering up pain.

Three: “Subluxations, or misaligned vertebrae, can shut down necessary electricity to any part of your body and result in pain and sickness.”

As mentioned earlier, your body can cover up pain...but usually only in the early stages. After a period of time the diseased tissues will “cry out”, so to speak, letting you know that you have a problem.

Four: “Your body is the ‘greatest Drugstore’ in the world.”

It's true. Your body produces over 200 chemicals that we know of: insulin, cortisone, adrenalin, antibiotics, digestive juices, laxatives, sedatives, drugs that raise our blood pressure, drugs that lower our blood pressure, drugs that give us energy, drugs to help your sex life, drugs to keep your brain healthy and our eyesight keen...etc., etc., ...the list is endless, and the scientists are discovering new ones all the time. These chemicals are custom-made just for you, when you need them, where you need them, in the perfect amount, and without any dangerous side effects. And the best part is that they're free. One unmentioned fact ...your brain activity determines which, when and how many of these chemicals you need. The method the brain uses to communicate this information to various parts of the body is through the nervous system. Therefore, if a vertebrae shifts and the nerve is blocked, the message doesn't get through and you don't get the chemicals you need.

Chiropractic care may be the answer

An in-depth consultation, x-rays, and exam can determine if your health problem can be helped by a program of chiropractic care, along with conservative lifestyle changes.

One final comment...

There is no pill, potion, or 'silver bullet' that will produce abundant health. Your health, to a large degree, is the result of lifestyle decisions. These decisions include diet, exercise, posture, personal habits, how you handle stress, your work, your relationship with drugs, and your choice of health care providers. Once the cause of your problem has been identified you need to make another important decision...to stay the course, as long as it takes, to make a full return to health. After optimum health is achieved, it's important to continue periodic chiropractic checkups to maintain this level. This is called wellness, the ultimate goal.

Copyright 2000, Back 2 Health®

For more information contact:

Dr. Jerry Zelm • 880 E. Summit Avenue • Oconomowoc, Wisconsin 53066
Toll Free: (888) DOC-5900 • Tel: (262) 567-4999 • Fax: (262) 567-4699

Email: jerry@jerryzelm.com