

**Health through Wellness Care** It is our job as health care providers to provide your road to health. The natural way is by activating your immune system, allowing it to work at its optimum level. Chiropractic achieves this by adjusting the interference (BONES) allowing the flow of your neurological impulses down your spinal cord and to our vital organs allowing the body health. Not adjusting the spinal column allowing it to be out of alignment leads to bone spurring, and degeneration of the vertebra, bringing on pain and malfunctioning of some of your organs. Your Spinal Column like most body parts, if we don't take care of, starts to decay. Just like your teeth, except we can't get replacements. Chiropractic deals with the whole body not only the muscle skeletal system, but the neurological system as well. Wellness come from keeping the spine in alignment, allowing the nerve impulses to flow freely to all your body and organs. This will keep your immune system working at its peak. Add supplements to augment your diet. Live life healthy, live life off the medical grid. Keep it natural when you can, be informed when taking medications. Stretch every morning, walk daily, eat healthy and de-stress your life.

