



## “It is Easier to Build Strong Children than to Repair Broken Men”

African American statesman, Frederick Douglass, may not have been referring to the physical aspect of man when he stated the above, but it is nonetheless true. Of course, it is easier to tend to anything (think lawn equipment, your car, etc...) BEFORE it is in disrepair and often it is also less worrisome, less expensive, and less time-consuming. It should just make sense to take of yourself in that matter.

Still, many people don't. They wait until something is broken to have it fixed. Then, sadly, sometimes it can be fixed and sometimes it can't, but it's never as good as it might have been if it had been cared for all along. No part of your body is any more susceptible to this kind of damage than your spine. As technology advances more and more parts of the body are being replaced, but last I checked they still can't do a spine replacement.

More than that, we are all constantly beating up our spines. You face hundreds, maybe thousands, of physical, chemical and emotional stresses that are constantly bombarding your spine every day. The truth is, each day you are either getting better, happier, and healthier or you are getting worse. You are always headed one direction or the other. Life does not stay still. You are either adapting to your environment or you are not. The trick is to stay heading in a good direction as often and for as long as you possibly can.

That is why we recommend having your spine checked on a regular, ongoing basis. It is also why we recommend that you have your children's spines checked too. Children are bombarded with physical, chemical, and emotional stresses too and their spines and nerve systems are no less important than adults.

That is why we run the office the way we do and have now for over 51 years. Long hours, quick visits, and a set your own fee system allow every member of your family to have their spines checked on a regular, ongoing basis to ensure they are heading in the right direction and getting better and better every day.



## Why Should You and Your Family See a Chiropractor Regularly?

- 1** Every day of your life you either grow a little bit stronger or a little bit weaker.
- 2** If you want to grow stronger rather than weaker, your brain must be able to correctly comprehend and respond to everything both inside and outside of your body.
- 3** In order for that to happen, you must have a clear connection in the nerves between your brain and all of the different parts of your body.
- 4** Because of how closely connected your spine and nerve system are, to have a clear brain body connection, you must also have an optimally aligned and functioning spine.
- 5** Chiropractors help you make sure that your spine is functioning as optimally as possible, so that you have the best and clearest brain body connection possible.

This allows your brain to better comprehend and respond to everything and helps you function and heal normally, so that you can spend more days of your life growing stronger rather than weaker.

