



## ChiropracTIC Talk

Every drug increases and complicates the patient's condition. Robert Mendelson, M.D.

If drugs are harmful enough that they are stopped when you are pregnant, what makes them less harmful when you are not! Drs. L. Smith, K. Schnert, & M. Schmidt

How do children evaluate anti-drug campaigns in school, while parents endorse "prescribed drugs" from the doctor? Drs. L. Smith, K. Schnert, & M. Schmidt

The person who takes medicine must recover twice, once from the disease and once from the medicine. William Osler, M.D.

HEALTH is "a state of optimum physical, mental and social well-being not merely the absence of disease and infirmity. Dorlands Medical Dictionary

Americans consume ½ the drugs in the world at a rate of 25,000,000 per hour.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame in diet and in the cause and prevention of disease. Thomas A. Edison

Americans consume 15 tons of aspirin per day, causing 2,000 deaths and is the leading cause of kidney disease.

The number of deaths caused by drugs and surgery are equivalent to 2 jumbo jets crashing each day and killing all aboard.

Your veins and arteries would stretch about 12,000 miles if laid out in a line and they are all under the control of your brain and spinal cord.

In 60 seconds, your heart pumps blood completely through your system.

Subluxations can reduce nerve impulses by 60%. Even at 40% function we still feel "fine". Dr. Chung Ha Su

In 70 years your stomach will produce about 60,000 quarts of digestive juices and will digest about 40 tons (80,000 lbs) of food.

Each kidney contains one million functional units that filter your blood.

Your eyes continually make 10 million different color distinctions.

Your brain sends electrical messages in your muscles and organs at 270 mph. "The Speed of Life".



Subluxations are misaligned vertebra that lowers your resistance by interfering with the LIFE FORCE which flows over your nerves from your brain to all your tissue cells.

Health doesn't come from a pill, poison, or shot, but health comes from within.

About 5 million U.S. children have asthma, the most chronic illness of childhood, with rates rising 73% between 1982 & 1994, and still rising. USA Today

Chiropractic is a refreshing approach to total health care. One that is natural and recognizes the human body's integrity, intelligence, and capacity for healing.

Back pain and musculoskeletal problems account for an estimated 95 million doctor visits per year in the U.S. Journal of Musculo-Skeletal Medicine

Back pain doesn't just go away, but just goes deeper into the body, setting in motion long-term chronic even degenerative conditions.

New studies proven by the Journal of AMA show that mistakes in drug prescribing and side effects from prescription drugs cause at least \$76 billion per year in extra medical costs. Cardiologist Stephen Sinatra, M.D.

Because atoms of all kinds pass freely back and forth through the cell walls, you acquire a new skeleton every 3 months.

A drop of your blood contains about 5 million RBC's, 7,000 WBC's, and thousands of platelets. This is all under the direct control of your brain and spinal cord.

Your lungs contain ½ billion tiny air sacs, with a surface area of 40-50 square miles.

You wear out about 10 million RBC's each second but your LIFE FORCE is constantly having them replaced with new ones.

The retina in your eye is like film in a camera; it is thinner than tissue paper, and has 137 million nerve endings that carry pictures to your brain.

Subluxation alone is a rational reason for chiropractic care throughout a lifetime from birth. Lee Hedley, M.D.

The forces of innate intelligence never injure or destroy the structures in which they work.

The goal of optimal health is an optimal functioning spine and nervous system.

Scoliosis is any curvature of the spine observable on the front view.



The only Doctor licensed to examine and evaluate the human spine for the presence of subluxation is a Doctor of Chiropractic.

The first and worst subluxations begin at birth. The proper neck curve is from 40-60 degrees.

Seven out of eight children who die from Sudden Infant Death Syndrome demonstrate spinal cord lesions upon autopsy.

Delivery texts claim it is acceptable to exert 180 degrees of rotation upon an infant's neck during an average delivery.

During a normal delivery, 35-90 pounds per square inch of force is used to pull on an infant's neck. Research proves that it only takes 95-120 psi to tear an infant's spinal cord.

Subluxation is a silent killer.

To be healthy is to be subluxation free!

Age has nothing to do with who has subluxation. It can destroy the health of everyone, at every age.

Subluxation can choke the vital information that travels from your brain to every cell of your body.

Subluxation results in an unbalanced nervous system, discomfort and disease.

Subluxation is the cause, disease is the result.

A subluxation is a bone out of place putting pressure on a nerve, reducing the life force to the body.

Subluxation patterns run in families. Have you checked your family posture cards?

Subluxations are caused by: (among other things) poor sleeping habits, poor posture, poor working conditions, slips, falls, stress, and even the birthing process itself.

Subluxations that are found early are more easily corrected.

Did you know that each adjustment adds to the next?

Now that you have had your adjustment, your immune system will be working harder to rid your body of disease.



Adjustments increase your immune response 7 times.

We don't wait for our teeth to decay before we go to the dentist, so why do we wait for a crisis before we see a chiropractor?

The 4 essentials of life are food, air, water, and nerve supply. We can:

Live 40 days without food

Live 4 days without fluids

Live 4 minutes without air

But we cannot live 4 seconds without nerve supply from the brain flowing freely above-down, inside-out to the body.

Posture is the window to your spine and tells us how well your spine is aligned.

Do you know that your heart beats 20,000 times per day and you don't even have to think about it?

Did you know that with a healthy body you have a new skeleton every 90 days?

Did you know that with a healthy body you have a new liver every 6 weeks?

Did you know that when your body is sick it knows to create a fever to cool itself down?

Cervical tractioning restores the natural curve in your neck.

The purpose of your vertebrae (spinal bones) is to protect the delicate spinal cord, the "lifeline" of your body.

90% of the energy output of the brain is used in relating the physical body to gravity. Only 10% has to do with thinking, metabolism, and healing.

Loss of the normal neck curve stretches the spinal cord 5-7 cm and produces pathological tension on the spinal cord.

Its never too late to start healing from within with the help of chiropractic care.

The brain send 3-6 million messages per second going back and forth from the brain through the body.

Pain is the last thing to show up and the first thing to leave.

Allowing a fever to run its normal course speeds the healing process.

Biomechanics is the technique we use to not just feel relief but to move towards correction of subluxation patterns.



A spine in alignment tends to stay in alignment until met by an external force.

In 1990, Americans spent \$13.7 billion on “alternative” therapy; \$10 billion of that was out of pocket.

98% of the atoms in your body were not there a year ago.

One cubic inch of brain cortex contains over 10,000 miles of connecting tissue.

Chiropractic def. Greek, cheir-meaning by the hand + pracktos – done.

Your brain and spinal cord are the most important organs; and the only ones encased in solid bone.

Adverse drug reactions add an average of 4.6 days to a patient’s stay in the hospital of a cost of \$5,857.

The number one cause of subluxation is stress. Remove the interference so the body can deal with the stress.

Any traumas, no matter how slight, can cause subluxations and the ill effects manifest for years undetected.

Healing and balance require time.

Researchers found that antibiotics were prescribed 61% of the time, even though many studies show other treatments were safer and more effective.

A recent medical study found that 70% of all infants in the US are subjected to their first course of antibiotics before they’re even 6 months old.

Did you know that a study was made between children getting ear infections? Half were adjusted and half were given antibiotics. The children that were adjusted had greater results of wellness. The AMA did this research.

By the time a child is 4 years old, they may have had over 4,000 impacts to the spine.

Chiropractic – natural care since 1895.

Approximately 10,000 arthritic sufferers die every year from the Gastro-Intestinal complications to various arthritic drugs.

The 23 discs in our spine contribute to almost 25% of the length of the spinal column.



In the morning, we are about ¼ to a ½ inch taller than we were the night before because discs lose fluid after a day of standing.

Out of approximately 600,000 back surgeries performed every year, there is a 50% failure rate, early on, and it climbs later.

According to a study of 1536 lumbar spinal problem patients, who were under chiropractic care, 96.4% had a satisfactory result. Only 3.4% of the patients had to resort to surgery.

From a front or rear view your spine should be straight. From a side view there are three opposing curves of sixty degrees.

Chiropractic was discovered by Daniel David Palmer (D. D. Palmer) on September 18, 1895.

D. D. Palmer was born on March 7, 1845 in Toronto, Canada. In 1880, he moved to Davenport, Iowa.

Harvey Lillard was the first chiropractic patient. He had been deaf for more than 17 years and with his first adjustment he was instantly able to hear again.

D. D. Palmer's son B. J. Palmer took his father's principles and became the leader of the chiropractic movement.

D. D. Palmer founded The Palmer School of Chiropractic in 1895, which remains one of the top chiropractic schools today.

The x-ray was discovered by Dr. William Conrad Roentgen in Germany in June of 1895, just a few months prior to the discovery of chiropractic.

Research shows that out of all people that die of heart disease, 40% of those individuals never experienced any symptoms. The first sign was the heart attack itself.

Barely 8% of the general population is under chiropractic care.

Osteoporosis is a softening of the bones due to decreased calcium within the bones. Scientists have proven the most critical step is to strengthen bones by increasing the use of our bodies against gravity using weights.

Bones are designed to last 85 years or longer before they begin to show signs of breakdown.

25 million Americans suffer from osteoporosis.



Over 75% of the US workforce sits down all day, resulting in back strain, weak muscles, joint restrictions, and pain.

Sitting is disruptive to the spine, producing maximum pressure on lumbar discs. Standing at countertop height is better.

80% of all sickness and disease is caused by our efforts to eliminate sickness and disease, because often times we look only to eliminate symptoms.

The National Institute of Occupational Safety and Health recommends taking a 15 minute rest break every hour from highly demanding computer tasks.

4 out of 5 adults will be affected at some time in their life with low back pain.

Low back pain costs the US \$50-75 billion per year.

A.D.I.O = Above Down Inside Out

Knowledge is knowing a fact. Wisdom is knowing what to do with it. B.J. Palmer

If you could save someone's life without risking your own would you? Refer loved ones.

An optimal spine = optimal health.

To cover symptoms with drugs is like pulling the battery out of your smoke alarm during a fire.

The most prevalent cause of all sickness and disease is lowered resistance.

Chiropractors specialize in finding and correcting subluxations.

It's not about how you're feeling, it's about how you're healing! Get checked and know...

Studies show a spine with normal curves is 16x stronger than a subluxated spine.

Subluxations decrease the genetic potential of the human species.

Our own inner intelligence is far superior to any substituted from the outside.

90% of our brain's energy is used for posture alone. Dr. Richard Sperry

Basic tools of chiropractic, skilled hands and compassion, will never become obsolete regardless of technology.



America is losing faith in modern medicine, and for good reason. Julian Whitaker, M.D.

Health is more than the absence of illness; health is the presence of aliveness, energy and joy.

The preservation of health is easier than the cure for disease.

There is no effect without a cause, chiropractors adjust causes, others treat effects.

Chiropractic seldom fails, and never does harm if properly used.

You may know the price of your adjustment, but may never know the value.

Doctors pour drugs of which they know little, to cure diseases which they know less, into human beings of whom they know nothing.

The chiropractic adjustment is a specific force designed to correct subluxations.

The possible signals jumping across the synapses of the brain exceed the number of atoms in the known universe!

Chiropractic care should begin at birth on a preventative basis.

Chiropractic is not about feeling better, it's about better feeling.

Subluxation robs the body's ability to focus, think, organize and heal.

Subluxations don't take vacations! Get your spine checked today. The master of your body did not run off and leave you masterless.

If your spine was on your face, you would take better care of it!

The human body is in a constant state of breakdown and repair.

Chiropractic: "The philosophy, science and art of things natural; adjusting the segments of the spinal column by hand".

The spine is in the back of the body, but should be kept in the front of the mind! Great spirits have always experienced violent opposition from mediocre minds. A "specialist" is one who knows more and more about less and less.





Subluxation is like this light switch – it turns off the necessary flow of information from your brain. When the doctor adjusts the spine, it turns the power back on.

One requirement for being healthy is to be subluxation free.

The body expresses life fully when it is subluxation free.

Subluxation interferes with the flow of Innate Intelligence, the God given intelligence within your body.

Natural healing of subluxation complexes require time appropriate to each individual's response to chiropractic care.

Subluxation interferes with the transmission of nerve flow.

Subluxation causes imbalance within the body.

Subluxations rob your body of good health.

Subluxations tax your body. Refund your health with each adjustment.

The spinal cord becomes “stressed and compressed” when vertebrae become displaced.

Where there's subluxation, there's less than 100% expression of life.

Reducing subluxation improves motion, and improved motion means improved life!

A subluxation is like a kink in a garden hose.

Subluxation is usually silent – like a cavity or cancer or clogged arteries can be.

Subluxation is a hard bone pressing on a soft nerve. When that pressure is released, the proper nerve flow is restored.

If vertebral subluxation occurs, the opening for spinal fibers can be decreased in size, shape or circumference.

Innate intelligence always functions normally so long as subluxations do not block its flow.

Did you know that those subluxations that doctor found in your lower spine can cause more than just the pain you're experiencing in your back? Constipation, diarrhea, and even fertility can be affected by those nerves receiving interference.

How long will you need to be adjusted? As long as you want to have optimal health!



Adjustments act as a catalyst to enhance your body's inborn healing ability.

Your body has the knowledge to heal itself, and with each adjustment you give it the opportunity to do that because you are removing the obstructions in your spine.

Did you know that the adjustment you receive today will be working in your body for up to 48 hours?

Did you know that the white blood cell count is raised 20 minutes after an adjustment? These help fight infections.

Drugs do not eliminate subluxation.

If drugs and surgery made sick people well, then the people who took the most drugs and surgeries would be the healthiest people alive.

Did you know that you're among the healthiest people on the planet? You're under regular chiropractic care! CONGRATULATIONS!

Health is like a tea bag – you have to release what is inside before you get the full flavor.

Innate intelligence does all of the things that you don't think about, like breathing or the beats of your heart.

Did you know that almost every cell in our body has a nerve to it and all those nerves run through the master system?

The body is electric. The power must be on to work the nervous system.

Innate works constantly in us, through us, with us, at all times and in all ways.

Just like the purest water is needed by your body, so is the "purest" message from your innate.

The human body is like an assembly line – if one part isn't working at 100% it affects other parts of the body.

All body parts work in continuity together, not each separately.

When one part of your body has a shut down, the other parts are affected.

The health of the human body is directly proportional to the health of the spine and nervous system.



Good posture is the key to improved health.

Adults need chiropractic care to get healthy; children need chiropractic care to stay healthy.

It has taken your body quite some time to reach this level of decay; therefore it is going to take some time to correct that process.

The power to live flows from within!

There exists a power within each of us that, if restricted, cannot express its full potential.

A properly working nervous system never destroys itself or the rest of the body.

The power that made the body, heals the body.

It is easier to stay well than get well.

Did you know that the more active an infant becomes, the more likely misalignments can result in their spines?

The spine protects your nervous system. Let chiropractic protect your spine.

Lay the foundation for a healthier future with your chiropractic care.

The brain and the spinal cord were created first.

The spine heals – but heals crooked without spinal care. All of the parts of your body are connected to one another.

Innate intelligence works against outside forces such as unhealthy foods, medicine, chemicals inhaled, etc.

Hippocrates believed that the future of health care would belong to the practitioners who use only their hands.

Health is not a destination, it is a way of life.

If you don't take care of your body, you can't expect it to take care of you!

Let your life shine! Take care of your spine!

Don't resort to a quick fix! Covering up your symptoms doesn't make them go away.



Take the road to a long life, drive to a chiropractor near you!

The chiropractic adjustment unites innate intelligence with each cell in the body.

We can provide a whole year's worth of expert chiropractic care for a whole family for less than the cost of a weekend stay in the hospital.

Don't leave your children home to develop the same problem you have. Schedule a family check-up today!

According to Deepok Chopra, M.D., your body can produce antibodies to any disease known to man.

A decaying tooth can be replaced, but a decaying spine cannot.

A spine is a terrible thing to waste.

When your spine is in line, you will heal

fine. Don't let your spine get on your nerves.

Unhealthy people aren't always sick.

Health is a process that takes time.

If you ignore your health it will go away.

Allowing a fever to run its natural course speeds the healing process. The spine is the main housing shaft of the spinal cord.

Drugs only mask the pain caused by the actual problem.

A subluxation is like an earthquake – if there is a shift of the spinal bones, the effects are felt throughout the body.

Man is a complete ever moving mass of energy.

Did you know your heart stops every time you sneeze?