

WHY WEEKLY SPINAL CHECKS?

“Why do your policies cater to routine care?”

We welcome all patients no matter how they choose to utilize our services. However you must understand that you can survive months without food, days without water, and minutes without oxygen. Yet body cells cannot survive even seconds without proper nerve supply. Therefore weekly spinal checks are what we receive ourselves, and what we give our families. We feel you have a right to the same.

“Why not just when I FEEL I need it?”

Recall symptoms don't indicate your level of health. Sometimes pain is a sign your body is repairing itself. Additionally, ONLY 10% of the nervous system is comprised of pain! The other 90% includes “position sense” signals flowing TO the brain, as well as autonomic impulses flowing FROM the brain to the organs.

In the “safety pin cycle” model, we see that spinal nerves carry messages between the brain and body, symbolized by the two ends of the safety pin. It all works in a circuit. Even if you are pain-free, disconnect that circuit, and **brain function declines**. This eventually affects (1) organs, (2) immune function, and (3) hormone balance. Adjustments reduce central nervous system dysfunction from spinal subluxations. This allows the brain to better regulate the organs, immune system, and glands.

At some point you have to ask yourself “How long do I want to walk around with nerve interference lessening my life potential?” A month? Two months? Until it starts to give you problems? **On any given modern day our spine is exposed to unprecedented physical, chemical, and emotional stresses. Look around. Stress of stooped spines on**

computers, cell phones, etc. alone is called “the new smoking.” Epidemic postural changes are not without consequences.

Routine-care friendly policies:

- Walk-in/No appointment needed for routine visits.
- One-of-a-kind “Honor Box” fee system
- Convenient hours
- Minimal wait

“Why a week?”

Specifically, leading research was done by Videman et al. in Finland in the 1980's. A primary goal of their research was to see what role, if any, immobilization of joints had in starting osteoarthritis. Using rabbits with knee joints splinted and immobilized in extension, Videman et al. reported irreversible joint degeneration and osteoarthritic changes after only 10-14 days of complete immobilization. More sophisticated studies with rats have demonstrated similar outcomes and been published in the *Journal of Manipulative and Physiological Therapeutics* (JMPT).

Inherent to a “subluxation” is a lack of mobility! And case histories across the U.S. show spinal degeneration rampant among chronically subluxated people with spinal neglect. If the spine is neglected too long, bone spurs can make nerve interference **permanent**.

To summarize, get your spine checked WEEKLY to (1) prevent nerve interference that may be choking off your brain function, and (2) prevent spinal degeneration. Your weekly check is now your responsibility.