

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts on Chiropractic Care:®



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Dr. Wallace Jans

### A PEBBLE IN YOUR SHOE

I've heard stories of monks who would deliberately put a pebble in their shoe so they would constantly be reminded of the suffering of Christ. A pebble in one's shoe is certainly an irritation. The pebble is felt on every step and the foot soon becomes irritated to the point that even when resting the foot is sore. It becomes impossible to step properly on that foot. Soon the knee, hip and low back become sore as the body compensates for the foot that isn't working properly. Even the mind is affected. Where does your mind go with every step you take? To the pebble of course. You just can't wait for the opportunity to take your shoe off and get rid of that pebble. The pebble doesn't have to be very big either. I can't imagine deliberately putting one in my shoe!

Even though a pebble in your shoe is a small thing, it can affect your entire body. There is another even smaller thing that can affect your body. That is a vertebral subluxation. A vertebral subluxation is when there is a loss of proper motion between the joints of the spine which is accompanied by nerve dysfunction. There is usually associated swelling and muscle spasms as well. Pain may or may not be present, but there will be loss of function where

ever the associated nerves travel. A vertebral subluxation is such a small, subtle lesion that it takes a great deal of training and practice to accurately detect it. Finding and correcting vertebral subluxations is what chiropractors specialize in.

Physical, emotional or chemical stresses can all cause vertebral subluxations. Once a vertebral subluxation is present it is much like a pebble in a shoe. It is a constant irritation to the body. Even though no pain may be present when the subluxation first occurs, the longer it exists the more severe the associated problems will be. Initially there may only be stiffness. Later muscles will spasm. Pain

may occur early in the process or may never be part of the symptoms. Common symptoms include back pain, neck pain, headaches, pain in the arms or legs, numbness, tingling, and weakness. Even the internal organs can be affected when the nerves going to them are not functioning properly.

The only solution for a pebble in a shoe is to remove the pebble. The only solution for a vertebral subluxation is to restore normal spinal joint and nerve function with specific chiropractic adjustments. That's what chiropractors do.

be the best  
you can be...  
with  
**Chiropractic**

Call 403-529-9069 for a FREE consultation!

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