



The Experts® on Chiropractic Care:



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on Chiropractic Care

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Our Marvelous Bodies

There are five points about your body and your health I would like you to consider today.

1. Healthy is normal; Sick is abnormal

Health is the condition of being sound in body, mind, and spirit in which someone is thriving or doing well. It implies being able to do the things in life a person needs and wants to do. The body's default is to be healthy. Being sick is an abnormal situation. There is no such thing as a "normal" headache or back pain. It is not normal to have depression, heart disease or irritable bowel. Sickness of all types are signs of malfunction.

2. The body is smart

The body and all its systems are designed to be healthy. All of the body's countless and complex processes work together in harmony to preserve our lives. This is called homeostasis. The body is a self healing organism.

3. The nervous system is the master communication system of the body

Each and every function in the body is under the control of the nervous system. It coordinates everything from digesting your dinner to walking up the stairs. Whether you are asleep or awake, your nervous system is at work to assure all systems are functioning.

4. The spinal column is the suit of armour for the central nervous system

The central nervous system consists of the brain and spinal cord. These nerves are very delicate. The central nervous system is so vitality important that it is encased in bone to protect it from injury. Just like a suit of armour, the spinal column allows motion while still protecting the precious contents.

5. Modern life is stressful and stresses cause vertebral subluxations

Our bodies are bombarded with physical, chemical and emotional stresses on a daily basis. Sometimes they are big stresses and sometimes they are little stresses. Many little stresses combined

can be as detrimental as a big stress. One of the areas of the body most affected by stress is the spinal column, where vertebral subluxations can develop. This is the condition where the bones of the spine lose their proper motion and alignment causing altered function of the nerves that exit the spine. All the tissues enervated by those nerves then function abnormally. This is sickness.

Chiropractic adjustments correct vertebral subluxations to promote normal nerve function. Your marvelous bodies can then heal and you can be healthier! Can chiropractic help you? Call 403-529-9069 today for a free consultation.



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