

### The True State of Health Care in America

In the United States we clearly have the most sophisticated system for crisis intervention and emergency care, but we have completely failed to create a true health and wellness environment.

Sixteen percent, or 2.594 billion dollars, are spent on health care. After spending nearly two times as much as the nearest industrialized country per citizen on health care, producing 81% of medical breakthroughs and consuming 50% of the world pharmaceuticals, are a still ranked 39<sup>th</sup> among all developing nations clearly there is something wrong.

We have a health care system that believes drugs are the answer. The fact is most drugs only cover up the symptoms and don't fix the problem and never get to the root of fixing the problem.

So how does your body work to fix its breakdown? Your brain controls everything about you and it does so by sending nerve messages down the spinal cord and out twelve miles of spinal nerves to every organ, muscle and cell in your body giving them life and control through function. When these messages are blocked and interfered with your health is at risk.

Your spine is made up of 24 movable bones called vertebrae and they surround and protect the delicate spinal cord and nerves and through proper alignment are crucial the quality of your life depends on it.

Now that you know a bit more about how your body works, lets uncover how your body gets sick. When machines are used hard and not maintained properly they break down, the same is true for your body. Lack of proper maintenance can result in sickness /disease and even early death. Your health is only as your spine. Like a cavity that is ignored turns into root canal, your spine can be injured by neglect over time. As well as stresses from daily living; for example working at a computer, talking constantly on the telephone, and childhood falls. And more obvious injuries, like sports injuries, lifting improperly, car accidents. One of the most serious and debilitating causes of spinal injuries is the birth process, where it is common for a babies delicate neck to be stretched up to one and a half times its normal length.

When neglected these injuries accumulate and result in a condition known as a vertebral Subluxation. The Subluxation is a misalignment of the spinal bones resulting in nerve pressure, that nerve pressure blocks the messages that are sent from the brain to all parts of the body. If uncorrected over time the Subluxation will cause spinal decay and put your health at risk. In fact it is a rare thing to find spine without a Subluxation, unless it has been regularly maintained. That's why in fact we all need to get are spines checked regularly to keep our bodies functioning at their peak God given potential.

Medical science has proven that a minor Subluxation can shut off nerve flow to your body parts by 60%. What's even more alarming than that they have also proven that a 60% shut off of the life force in your body you can still feel no pain. You can have a damaging condition going on in your body as blocked nerve flow and not know it, this fact puts Subluxation in the same category as cancer and heart disease.

Now that we understand how your body works and what makes it sick, lets answer the most important question of all. How can you get your body to repair and rebuild itself as quick as possible? You see we only need to know one secret, doctors of chiropractic care work with that secret everyday. The secret is chiropractic adjustment corrects Subluxation, these adjustments restore life, health, and healing throughout your entire body and maximizes your bodies ability to heal itself. People with healthy well-aligned spines rarely get sick. They reduce the risk of spinal decay and they tend to enjoy vibrant health for a lifetime. Chiropractic adjustments are safe, gentle, and their effective. As the general public learns about this secret, many lives are being saved and significantly improved.