

Achieving Wellness

Victoria Family Chiropractic

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Celebrating You

You are amazing. How do your 50 to 75 trillion cells function as a team with no thought? The answer is innate intelligence (your nervous system which directs or controls every function of the body). Truly amazing! As a chiropractor we simply facilitate what your body knows far better than us; how to help you heal and grow naturally.

You might then ask why we get sick at all if our body is so brilliant. That is a great question. The answer comes from overwhelming stress. Stress comes in three forms, physical, mental and chemical. When any of these stressors overwhelm our body's ability to cope our body stores the stress. A common way we store stress is through vertebral subluxations. A misaligned vertebra

(subluxation) if it persists becomes a fixed pattern. The reason subluxations are devastating to our health is because they compromise nerve function (innate intelligence!). As your wellness doctor I will do my part by adjusting subluxations which relieve interference from your communication superhighway.

However, without your participation wellness will not be a realistic goal.

It all starts by changing how you live which it turn changes who you are.

Let's celebrate you and the incredible hope and potential stored in your body.

In your journey to wellness, share your success with us and everyone you know!

Wellness Tidbits

1. You have heard us tell you the importance of omega-3 fatty acids (FA's), but here is why. Research has shown omega-3 FA's can be helpful for the following;

- Heart disease (includes stroke)
- Alzheimer's
- Pain
- Hyperactivity
- Mental illness (depression, bipolar)
- Autoimmune disorders
- Cancer
- Hypertension
- Rheumatoid arthritis
- Asthma

Omega-3's are called essential FA's because the body cannot make them.

Remember these facts; your brain is about 60% fat. Taking omega-3 FA's won't

make you healthy by itself but it's a piece of the puzzle in your journey to wellness. This is why we recommend taking a pure omega-3 fish oil daily!

2. Mental stress has come up repeatedly in recent issues because of its massive implications for wellness. Your level of happiness is a good indicator of how you are coping with mental stress. If anger, envy, jealousy, fear, guilt or victimization sound familiar, it is time for you to change, and you can! Un-dealt with negative emotions will erode your health regardless of your spectacular diet and fitness regime.

Removing subluxations will increase your coping ability but it won't change how you react to life, that is your responsibility.

Attending the Wednesday evening wellness talk will give you mental adaptability tools needed for wellness.

You can and will get there, and we are excited

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!