

## Superb Seminar

I just attended a chiropractic conference with thousands of other chiropractors in Chicago. I was able to rub shoulders with the profession's heroes, hear inspirational stories, learn how to better serve the public, and see all the latest technology available. The following is a synopsis of the salient things I took away:

1. Values and beliefs dictate behaviour. What do you value? What do you believe about life and health and where did you get those beliefs: from your parents, a friend, out of a magazine? Here are some of the things I value: love, hope, honesty, integrity, quality, gratitude, purpose, compassion, playing, family, learning, passion, kindness, punctuality, health, dreams, faith...
2. Being healthy and subluxation free is imperative. Your health is of paramount importance whether you realize it or not. On my flight into Chicago I sat next to a lovely man from New York. He appeared to be healthy. We chit-chatted and I discovered he was 61 years old,

had never been sick in his life but stated no one in his family had lived past 71 and that was when he expected to check out. "It's just the luck of the cards," was how he summed it up. He was drinking a pop and had a pack of smokes in his pocket. I'm not here to judge, but rather to educate. Your health is rarely (5% max) dictated by genetics. People don't have to live a mediocre life filled with dis-ease, suffering and early death. You make thousands of health decisions daily; are they moving you towards growth, health, and healing, or disease and sickness? As a chiropractor, my resolve has never been stronger. I have assisted in changing people's lives and their families forever. I am blessed, but I have many more lives to help save.

3. Are you living your ideal life? If not, why not? You are responsible. Try saying it aloud - I am responsible! What a wonderful gift we have been given to walk this wonderful planet being able to shape our existence.

## Subluxation Devastation

You cannot be healthy if you have vertebral subluxations, PERIOD. This is why we educate about the importance of getting your spine checked regularly for life. How long are you going to brush your teeth for? How long do you want yourself, your family and friends to be healthy for? Homeostasis refers to the ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its physiological processes. For the brain to maintain homeostasis, it needs a communication system to monitor feedback so it can make adjustments. The nervous system serves this purpose. A vertebral subluxation (stuck or misaligned joint within the spine) alters this communication. Under normal circumstances (healthy moveable spinal joints), mechanoreceptive signals travel up the spinal cord to communicate which the incredibly neuron-rich cerebellum (control center of the brain). The cerebellum modulates muscle movement, hormone regulation, and control of organs, immune function, and blood

vessels by communicating with other areas of the brain. However, subluxation causes an increase in nociceptive (indicates tissue stress, damage and inflammation) input into the brain while decreasing vital mechanoreceptive signaling. This process leads to the devastating cascade that is the basis of all chronic illness!! This unhealthy brain input caused by subluxation in turn decreases serotonin levels and is a major reason why so many people experience less anxiety and depression with chiropractic. Immune function becomes impaired on multiple levels, increasing the risk of illness and cancer, via increased stress hormones, sympathetic nerve stimulation and decreased levels of stress hormone binding globulin. Other effects of subluxation include chronic muscle spasm, pain (a late effect of subluxation!), organ disease, heart disease, chronic fatigue, autoimmune disease and more!

References on request (too many to list).

**ALLOW  
MIRACLES  
TO  
HAPPEN**



***Our mission is to create wellness by educating and inspiring people to live well and by adjusting the spine to allow full innate expression.***

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