



Dr. Stan Talks

Chiropractic Lecture Series

SPINECARE
CHIROPRACTIC
Dr. Stan Marcus D.C.

Improving Your Health Naturally

LESSON 3 –

Your Nervous System

In Lesson 1 we discussed the true meaning of Health, which related to the all your body parts **FUNCTIONING** as close to 100% as possible, and not the absence of pain. Very important to understand this, as we will be returning to this concept many times in these lessons.

In Lesson 2, we discussed 4 of the 5 means to achieving this optimum healthy state, including exercise, nutrition, rest, and decreasing stress.

In Lesson 3, I want to discuss the 5th, and as far as I'm concerned, the most important aspect of achieving health, and that is a properly functioning **NERVOUS SYSTEM**.

Firstly, we need to explain what, exactly, the Nervous System is and how it works. I'll try and do this without the use of pictures, (since I don't know, yet, how to include them into this Microsoft Word presentation. Give me some time and I'll figure it out!)

Your Nervous System consists of your brain, (your Computer) and your spinal cord (Your cable system) and millions of tiny nerves, or "wires", that connect all your parts to your spinal cord.

Your brain is the main "processing" unit and right now, while you are reading this, your brain is sending trillions of electrical/chemical signals to all your body parts so that your heart can continue beating, your food can be digested, your leg muscles can relax, your back muscles can keep you in good posture (Bet you just sat up straighter. Didn't you?) In other words, your brain is controlling ALL aspects of your bodily functions without you even having to be aware of it! **TOTALLY AMAZING**, when you think about it.

Your body is born with the potential to work PERFECTLY, if your brain can get nerve signals to all it's parts and get those parts working the way they were designed. And if that can happen, then, yes, you can reach a state of optimum health, as long as you are also allowing for proper nutrition, exercise, rest and less stress, as we discussed in Lesson 2.

So what happens to everyone? Why aren't we achieving perfect Nerve signals and therefore, have a perfect Nervous System?



Well, for most of us, **Life gets in the way!** By this I mean that everyday activities can put undo and unnecessary stresses on our body, specifically our spine. And when this occurs, individual vertebrae (spinal bones) can slightly misalign. Chiropractors call these **SUBLUXATIONS**. Activities such as fall and accidents, too much bending, too much lifting, etc., will result in subluxations. Increased stress can lead to back and neck muscles tightening and more subluxations. Even poor diet and not enough rest can result in muscle imbalance and subluxations. Don't forget all this modern day sitting at computers and video games and TV!

Hopefully you get the Big Picture here – the spine can misalign for many, many reasons And here's the important part – you may not even feel any pain or discomfort!

In most cases, pain is actually the last thing to appear as a result of subluxations. Most often, decreased nerve signals result in a change in muscle tone or a change in the way your internal organs work, (don't forget, as a result of the subluxation, they are receiving less signals from the brain. Therefore they are not functioning at 100% and therefore, are not healthy. Healthy parts need to work at **100%**, not 90% or 80%). I hope this makes sense to you, since this is vital in understanding how all your body parts function.

So let's summarize this Nerve concept.

- 1 – your brain is sending perfect signals throughout your body and receiving signals back from all your parts, until some form of trauma or change occurs which results in misalignment of spinal bones (subluxation).
- 3 – Next, nerve signals become weaker and so that body part doesn't function properly (if it's your heart, you will develop a heart weakness, if it's a back muscle you may develop back weakness. If it's a stomach nerve, then your digestion will be "off". If it's your gall bladder, then your cholesterol levels may change., etc. etc.
- 3 – Pain may, or may not develop.
- 4 – The affected body part will get weaker and weaker, if left untreated.

As a Chiropractor, my job is to locate these Subluxations in your spine, and hopefully correct the problem, without the use of drugs or surgery.

Why take drugs or have unnecessary surgeries for conditions that can be treated very easily? **HOW MANY DRUGS WILL IT TAKE TO CORRECT THAT SPINAL MISALIGNMENT?**

Please understand, that your body has been designed by Nature, to be self-healing and self-regulating. For instance, when you get a cut, you normally heal. When you get a cold, you normally heal. In other words, your Body is designed to take care of itself in most environments and conditions so that you can SURVIVE! Your Body **CAN** properly control your blood pressure, cholesterol levels, heart rates, etc.



The medical community seems to feel that medications are the only way to control our bodily functions. Trust me – Nature can do it, and has been doing a much better job than the medical people, for millions of years!!!

But it cannot do this well if your Nervous System is not in top form! Your brain MUST be able to send 100% perfect nerve signals to every single part of your body, otherwise you will develop problems. And spinal Subluxations have been proven to be the cause of many, many human disease conditions.

Let's try to get rid of these spinal subluxations and restore proper nerve signals. That is my job as a Chiropractor. I am not here to only remove your back or neck pain. I am not here to only remove that headache. I am here to improve nerve signals throughout your body and your Body will then, remove your pains and symptoms. I hope this makes sense.

It is the reason that I strongly urge all of you, (that is, everyone that has a spine and nervous system) to have regular spinal checkups and adjustments, **even if you do not have symptoms.**

OK. I'll stop here and let you digest all this info. Please don't hesitate to email me or call the clinic if you have any questions or concerns regarding any of the info in this email.

Some of this may be new to you or I may not have explained it as well as I'd like to.

Next lesson we'll discuss in more detail how subluxations create unwanted nerve pressure and what can happen if left too long or not treated. (Perhaps I'll figure out a way to get some interesting spinal x-rays into these emails so you can see some of the interesting results of spinal misalignments. It'll scare ya!!)

And for those of you who have been forwarding these Lessons to your friends and colleagues, well, Thanks. Remember, everyone has a spine and so everyone should know how it works and how it can break down. More information is a good thing!!

Until next time, Stay well and Stay Happy!

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