

#391 Simple As That Transcript

Simple As That Handout

Photo: Egg being fertilized

When a sperm fertilized an ovum and you became you, a genetic blueprint was created that determined the color of your eyes and millions of other details about you.

Photo: Human embryo

To control and organize your growth, the nervous system consisting of your brain, spinal cord, and all the nerves of your body were the first tissues formed.

Photo: Illustration showing organs connected to spinal nerves

Today your nervous system controls the function of every cell, tissue, organ, and system of your body.

Photo: Brain and spine superimposed over head and neck

Your brain is protected by the skull. The vital communication pathway of the spinal cord is vulnerable, covered by 24 moving bones of the spinal column.

Illustration: Pairs of nerves branching off spinal column

Pairs of nerve roots branch off the spinal cord from between each spinal joint to service the organs and tissues of your body.

Illustrations: Normal spinal joint and Malfunctioning spinal joint

Because of the way your spine is designed, improper motion or position of spinal bones can irritate or choke delicate nerves-interfering with the function of the tissues they control. Doctors call this a subluxation.

Photo: Baby being delivered and hung by one foot

Trauma which may occur to the spine from the birth process is often the first source of nervous system interference.

Photo: Driver grabbing neck after fender-bender

Car accidents, stress, poor diet, long periods of sitting, and many other everyday activities can cause the bones that cover your spinal cord to lose their normal position or motion.

Photo: Older gentleman getting out of bed

Without a normal nerve supply, affected organs and tissues are more susceptible to disease, often producing the symptoms of pain and ill health.

Photo: Woman grabbing forehead in pain

Headaches and low back pain can often be traced back to spinal malfunction and nervous system interference.

Photo: Two doctors at X-ray viewbox

Doctors of Chiropractic are specialists in the detection, reduction, and prevention of nervous system interferences.

Photo: Students studying anatomical model in library

After completing their undergraduate studies, today's Doctors of Chiropractic receive an additional four years of first professional degree college education. Before starting practice they pass a rigorous National Board Examination and meet stringent licensing requirements.

Photo: Doctor performing foraminal compression test

To determine the cause of your health problem, chiropractic doctors examine your spine to locate any areas causing nervous system interference.

Photo: Doctor pointing out X-ray detail to patient

You'll be shown the exact locations of any nervous system interference and get specific recommendations for your chiropractic care program.

Photo: Doctor performing posterior thoracic adjustment

Your doctor will use carefully directed and controlled pressure to return malfunctioning spinal bones to their proper motion and position, reducing nerve interference.

Photo: Doctor palpating patient's cervical spine.

This procedure is called a chiropractic adjustment. There are many ways to adjust the spine. Adjustments feel good. Millions of chiropractic adjustments are safely delivered every day.

Photo: Surgical theater

In fact, chiropractic adjustments are safer than back surgery, muscle relaxers and even aspirin.

Photo: Chiropractor posing with mom and smiling infant

So safe, even newborns can receive chiropractic adjustments.

Photo: Mom consoling child with scraped knee

Regardless of the type of doctor you consult, doctors don't heal. Only your body can heal itself.

Photo: Family picnic

The chiropractic approach to better health is to remove interferences to your own inborn healing ability.

Chiropractic makes sense. It's scientific. It's provided by well-educated doctors. It's safe. It's natural. It looks to correct the underlying cause(s) of your problem. And most important—it works.

It's as simple as that!

References

Back cover: Find out for yourself.

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