



A Picture's Worth 1,000 Words

Adjust Your Lifestyle!



These x-ray images provide very important information about aging that every person should know.

The neck x-rays above are of three different people who are the same age, their mid-fifties, with a very similar history of trauma including sports injuries, whiplashes and concussions.

The x-ray on the left is of a person who has never received chiropractic care prior to the film being taken. The x-ray in the middle represents a person who has received chiropractic Crisis Care only when he was in acute pain. The person on the right has been receiving chiropractic Lifestyle Care for over 40 years. Here's what we can learn from these images.

No Care: Notice the deterioration of the bones and the discs indicated by the red arrows. These segments look and function like a much older person because of the severe bone, joint decay and nervous system decay. On the other hand, the segments above look much healthier with the same qualities and characteristics of a healthy 20 to 30-year-old. Isn't it interesting that both the healthy and unhealthy appearances are within the same person?

Rather than getting chiropractic care to align the spine and create proper function in their nervous system, this person resorted to pain-relieving drugs and treatments such as ice, physical therapies and exercise that masked the symptoms while these areas deteriorated unknowingly.

Now this person has very limited range of motion as well as organ problems related to the chronic bone and nerve decay.

Now, chiropractic care is providing this person relief and increased function, but a long-term correction may never occur. While his quality of life is improving, it's important to know that one area like this can severely limit your life.

Crisis Care Only: The middle x-ray represents a patient who has had Crisis Care only. At times of injury or pain this person would mask the symptoms with medication and go to a chiropractor for a quick fix. And they would get it. The areas of decay are confined to two segments, C-5 – C-6. This person responded so quickly to his chiropractic adjustments that he never followed through with the Critical Transition to Lifestyle Care. Once again, this allopathic attitude caused his spine and nervous system to deteriorate more comfortably over the years. People in this situation who become proactive and make Lifestyle Care a priority have a lot of hope for an active healthy future.

Lifestyle Care: This person is showing proper alignment with no decay and a near normal neck curve. This patient has no history of organ dysfunction and no limit in his range of motion or activity levels. The intensity of his Lifestyle Care varies based on the intensity of his lifestyle and can range from one visit per week to one visit per month.

Remember, all three of these people are the same age and their bones are also the same age. The quality of your health and life has nothing to do with your age and so much to do with the function of your spine and nervous system.

A healthy spine and nervous system is vital to healthy aging on every level. We are getting the advanced notice that our parents and grandparents never received that we will probably live longer than we ever thought.

Let's learn from our grandparents' generation and make the health of our spine and nervous system, Lifestyle Care, a priority during every stage of life and not just wait for a crisis.

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