

# KEYS TO SPINAL HEALTH

RIGHT BELIEVING | AWARENESS | STRUCTURE | MOBILITY

## Key #1 = Right Believing

The ultimate way we can tell what someone values and what they believe in life is how they spend their time, money, thoughts and energy. I can make all the excuses in the world for not exercising, but the **bottom line is that it's NOT a priority in my life.** If you believe it's important to get to work on time and to brush your teeth every day then you will. If you believe that spinal health is important and our body heals from above down and inside out then you should proceed to step # 2.

## Key #2 = Awareness of a Problem through a Spinal Exam

How do you tell if your car is healthy? By how it runs or by how it sounds? Or do we take it for an 18 or 26 point check up and tune up? **We CANNOT tell how healthy our spine is by how it feels.** We MUST get it checked to know.

Health  
COMES FROM  
ABOVE-DOWN,  
INSIDE-OUT.

## How many of the four keys are you embracing?

The **first step** is REALLY quite simple and almost so obvious it can feel condescending that I'm discussing it. YET it is the MOST important point. Right living ALWAYS starts with right believing! Where does good health come from? Do you believe that your lifestyle choices have an impact? Or is health merely caused by germs, genetics and bad luck? We teach that health is 85-90% lifestyle. This is good news! Your brain is the SOURCE of all healing to your body. It MUST be fully connected to every cell, tissue, and organ of your body through the 24 bones of your spine. If you DON'T believe this you should stop reading this article. You will probably wait for symptoms, disease or body breakdown to nudge you to look into your health. If you DO believe then you will want to proceed to step #2. **The second step** is all about awareness. There is only ONE way to know if your spine is healthy or sick. Have a spinal exam which includes



**Key #3 = Fix Structure with Furniture and Chiropractic**

Do you have a structural problem or postural problem or both? Is your spine degenerating due to previous trauma or years of neglect? Correct this with chiropractic care. But you must also make an overhaul of your furniture: car seat, sofas, pillows, beds, and work computer station. Does your furniture support your OLD, BAD posture or your NEW, GOOD structure? **Spending \$5,000 on new furniture may save you millions of dollars of pain and suffering in the future!**

**Key #4 = Fix Mobility with Traction, Exercise and Adjustments**

Your chiropractic adjustment will take 1-2 minutes. If you are NOT supporting this new mobility with traction AND regular exercise you are NOT getting the optimal benefits out of your care. Spinal mobility is intimately related to how much and how intensely you move your body. **Motion IS Lotion!!**

x-rays to assess the structural health and presence of degeneration. A properly trained Chiropractor will do a variety of tests to determine the health of your spine and nervous system. This MUST include x-rays and may include other tests such as posture, weight balance, range of motion testing, spinal palpation, neurological testing, surface EMG or temperature testing.



**The third step and fourth step** are all about correcting and maintaining any problems found in step two by addressing structure (posture) and mobility problems. Chiropractic corrective adjustments, which may include ligament tractioning and mirror image exercises are the most important part. The next steps would be addressing bad ergonomic set-ups at home and work and finally keeping mobile through regular exercise.

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