

Welcome to **Family Focus Wellness Center**

Here at Family Focus Wellness Center, our intent and sole purpose is to help you regain your health as quickly as possible and to help keep you and your family healthy for the rest of your lives.



Your health, your life, how you view reality, and the relationship of the individual to his or her environment is completely dependent upon a clear and flexible functioning nervous system. Every cell, tissue, organ and system, thought and emotion, is completely controlled and coordinated by your nervous system.

The individual who is clear of interference in his or her nervous system has a more effective connection between his or her emotional, physical and spiritual aspects. Chiropractic spinal adjustments remove interference to the nervous system's tension and function.

Vertebral Subluxation

What Is It?

There are three aspects of a vertebral "subluxation."

1. The vertebrate is no longer oscillating or moving through its normal range of motion and is considered "misaligned".
2. Neural tissues (spinal cord, nerve roots, and surrounding tissue, or meninges) are compromised or have pressure put on them by the "misaligned" vertebrate (commonly called pinched nerve).
3. There is an alteration, change or disruption of the "mental impulses."

"Mental impulse" is a term used to describe the information that goes from the brain to the end tissue and cell and back to the brain again. The effects of the "mental impulse" can be measured by SEMG (Surface Electromyograph), Thermograph, heart rate variability, algometry, blood pressure, EEG, EKG, pulse, etc.

The brain and spinal cord are one connected unit. The spinal cord, as it passes through the neck and back, is the main conduit from the brain for energy relay and coordination. This soft, vital spinal cord is protected by hard bones called vertebrae. Between the vertebrae are shock absorbing cushions known as discs. Vital spinal nerves emanate from the cord, pass through openings between the vertebrae, and relay the life force to every cell in your body.

Through this extensive nerve network, your innate intelligence (inborn wisdom) coordinates all functions and regenerates and animates all body parts. Every cell of the body is stirred by its reception of this vital life energy. Health is a function of the quantity and quality of nerve messages. When individuals function with a clear and flexible nervous system, they are better able to recover from life's challenges. They adapt to changes more easily and are better able to heal and express their true health capacities.

Malpositioning (or misalignment) of the spinal cord can create mechanical tension. This may interfere with the flow of vital life force and the coordination of all life processes. When these things occur, it is called a vertebral subluxation. Chiropractors are concerned about the presence of vertebral subluxations. They seek to detect and correct these interferences to the flow of life through spinal adjustments.

What Causes It?

What causes vertebral subluxation? Any stress that your body cannot deal with at a point in time may produce a vertebral subluxation.

Changes in your environment (be they physical, chemical, mental, or emotional) create stress. Your brain must assess the situation and react to it. We have a capacity to respond to stress as a part of normal, everyday life. However, when we exceed our capacity, we must either 1. Change for the better, grow and evolve; or 2. We may express symptoms and disease.

Your brain and body can handle an enormous amount of stress. Beyond a certain point, your system becomes overloaded. The combined effect of a variety of stresses and the inability of the nervous system to deal with them can produce vertebral subluxations. These subluxations involve elongation, twisting, or compression of the system resulting in a persistent misalignment of the spinal vertebrae. The resulting interference disrupts the nervous system's natural ability to assemble and sort out neurological instructions and dissipate tension. Much like the food you eat, if the input (message *to* the system) is distorted, (full of chemicals, preservatives, sugars) then the output (messages *from* the nervous system to the body cells) will also be distorted. Garbage in, garbage out . . .

How Do You Know You Have Them?



Until you know how flexible, adaptable and peaceful your spine and nervous system can become, most likely you won't know that you have a vertebral subluxation. Symptoms may occur as soon as a vertebral subluxation is present. In most instances however, a person may have vertebral subluxations for many years before the cumulative effect on the body or mind is sufficient to produce a symptom. Often we are not aware that a subluxation is present unless a chiropractic examination is conducted. We use state of the art technology to objective document subluxation in your body. I will report my findings to you.

When the nervous system is overloaded or "stressed out", it will not be as able to function and adapt to challenges in the environment. It will store tension and energy in the spine and its supporting structures. At some point the body-mind may produce warning signs in the form of symptoms. Symptoms indicate CHANGE IS NECESSARY. Improving the health and functioning of the spine and nervous system assists the body in healing.

How Can Chiropractic Care Help Resolve Your Vertebral Subluxations?

We will be "adjusting" your spine using many different "non-force" and some "forceful" methods or techniques. The areas that need to be adjusted may be tender, but you should *never* be "hurt" by an adjustment. (Please read *Subluxation, Compensation and Chiropractic Adjustment*.)

If your vertebrate "subluxates" or "goes out of place" because of a physical trauma, physical chiropractic adjustments will do the trick. If you have toxins or poisons that are affecting your health and "causing" subluxations, we will use a "Purification Program" to help your body's "memory", dump or release the toxins and poisons, thereby stopping the "causes" of your vertebral subluxation.

If you have a specific nutritional deficiency that is "causing" your subluxations, we will recommend specific nutritional supplements to correct the "causes" of your subluxations. If your body is responding to past "neuro-emotional stress", we will address your body's *response* to that stress and stabilize and correct your subluxations.

Most of us have all four components and they will be addressed as they unfold, like layers of an onion. Obviously, you will want to look at all of these areas of your life - mental, emotional, chemical, toxins, foods, exercise, work, stress, etc. and make appropriate changes to support your healing process. We will always look for and correct the cause of your subluxations and problems versus their effects.

How Do You Know The Vertebral Subluxation Has Been Reduced Or Corrected?

The interference from vertebral subluxation is like a rock obstructing the natural flow of a mountain stream. Normally, that life force would flow, from above down, and like all generated life energy, from the inside out. When there is interference to the fluid flow of life's energy, it creates a disharmonious relationship of the physical, emotional, or mental aspects of oneself. When the pressure of vertebral subluxation is alleviated, and proper spinal alignment restored, that life force energy is released, to resume its natural flow. You will get to know when you are subluxation-free and you will experience an increase in productivity, efficiency and ease.



In analyzing the most successful, dynamic and innovative corporations, John Naisbitt, author of *Reinventing the Corporation*, defines **alignment**: "*When people work to their full capacity, when they feel in sync with their co-workers, when everything comes together on cue, though completely unplanned, alignment is present.*" Such organizations "*possess vision, mastery, and the ability to integrate intuition and rationality, to see the company as a whole, and create structures that further that whole.*"

How Will I Know If I Am Subluxation Free?

Through a series of re-evaluations, exams, tests, including S.E.M.G. (Surface Electromyograph), Thermographs, Heart Rate Variability, etc., we will over time be able to closely monitor your progress. My goal is to correct your subluxations (and their cause) and remove the interference in your nervous system and spine, enhancing your self-correcting, self-healing abilities. This empowers the nervous system to better express the body's organizing intelligences and vital life force, enabling a fuller experience of health, wellness and quality of life.

Remember that your symptoms are usually just the tip of the iceberg.

I commit to working with you as long as you and I both feel we are making positive steps towards reducing your subluxations and improving your quality of life. If at any time either of us feels we are not making enough progress, I will refer you to one of the many talented health care providers in our community.

Your body's inner wisdom produces antibodies, insulin, pain medication, chemicals to alter states of consciousness, and other elements we need to grow, function and heal. The body-mind produces everything we need in exact amounts, provided that its internal communication lines are free from interference.

Our goal is to help you back into alignment; alignment with optimum health and well-being; alignment with the powers that took an egg and a sperm and created *you*; alignment with the power that creates the universe. There is no greater gift than being free of subluxations. Free to experience optimum health and well-being; free to experience life force coursing through every cell of your body; and free to feel and experience your greatness.



Our Patients Don't Just Survive... They **THRIVE!!!**

Family Focus Wellness Center
903-236-6222 – 101-B Woodbine Place Longview, TX 75601
www.familyfocuswellnesscenter.com