

# Chiropractic for Life: As Primary Health Care

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**Chiropractic is a holistic approach to providing balance in the physical, mental and spiritual planes, it is a way of life.**

I decided to become a Doctor of Chiropractic after working as a chiropractic assistant for twelve years, here in Houston. Why? Because I saw absolute miracles occur for many people who were suffering from chronic illness and pain. I saw that chiropractors had an effective alternative. They loved their patients in a way that helped to heal more than just their physical problems, it helped to heal their life, naturally. I am now dedicated to educating people about the science, philosophy and art of chiropractic and to continue to raise the level of awareness of the benefits of Chiropractic Care.

Your brain, which is made up of nerve cells, extends down through a hole in the base of your skull to form the spinal cord. These tissues are very delicate and fragile and must be protected, therefore they are housed within your spinal column which consists of 24 moveable vertebrae. From there your nerves extend to reach every organ, tissue and cell in your body, controlling every function- sight, sound, touch, smell, breathing, digestion and even your heartbeat.

When your vertebrae have lost their normal position and /or motion, your nervous system reacts by interrupting the flow of nerve impulses to your organs, muscles and cells, resulting in abnormal function and "dis-ease". Have you ever experienced a sinus headache? Have you ever bent down to pick up a piece of paper and felt a quick pain or catch in your back? This may be a sign of spinal misalignment and nervous system dysfunction.

Chiropractic is a holistic approach to health care for these symptoms and many other conditions such as carpal tunnel syndrome, TMJ, asthma, allergies, stress and immune related disorders.

**Listed below are some essentials for health that I incorporate with my patient care:**

- **PROPER NERVE FUNCTION-** Chiropractic adjustment help to restore nervous system function by releasing interference to and from the spinal cord and brain.
- **POSITIVE MENTAL ATTITUDE-** The body and mind are one, therefore we must keep a positive mental attitude for healing. You must change your mind before you can change your life.
- **ADEQUATE REST-** Rest allows the body time to heal.
- **PROPER NUTRITION-** Vitamins from natural foods and supplements play a critical role in creating energy within your body and for the healing process.
- **EXERCISE AND PHYSICAL ACTIVITY-** Exercise increases blood flow, increases nerve function and decreases pain.

Chiropractic works on the whole person not just the physical pain and symptoms you may be experiencing. Everyone can benefit from Chiropractic care. It's aim is not only to restore health, but to maintain it. I believe that the purpose of the Chiropractic adjustment is to connect man the physical to the man the spiritual.

**I look forward to working with you in turning on your Innate Power to heal!**

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*Dr. Jackie St.Cyr has been a Texas Licensed and National Board Certified Doctor of Chiropractic since 1995. She holds postgraduate education and certification in Network Chiropractic, Network Spinal Analysis and Somato Respiratory Integration and her studies in Network Spinal Care continue at the Mastery Level. Her practice and the INNATE CHIROPRACTIC Healing Arts Center is located at 230 Westcott St, Ste 220 in Houston, TX. For more information call **713-521-2104** or visit Dr. Jackie online at [www.n8chiro.com](http://www.n8chiro.com)*