

# The SPA of Chiropractic: Science, Philosophy & Art

By Jackie St.Cyr, D.C.

**INNATE CHIROPRACTIC**

**Healing Arts Center**

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## **Chiropractic is the Science, Philosophy and Art of restoring balance within the body.**

It is a drugless, knifeless, natural and holistic approach to relieve pain, restore health and even prolong life.

**The Science of Chiropractic** is based on the fact that your nervous system is the Master System that controls and coordinates every other system in your body including the glandular, reproductive, digestive, respiratory, circulatory and immune systems. The nervous system is the mechanism by which life energy is transported and conveyed throughout your body. Chiropractic seeks to find, correct and remove nervous system interference.

Just as other medical professionals do, Doctors of Chiropractic use state of the art methods of diagnosis including consultation; orthopedic, neurological and physical examination; computerized scanning and spinal x-rays when needed. Your Chiropractor is also trained to identify indications of disease and will consult and refer to other specialists or recommend additional medical procedures to provide optimal care.

Because of philosophical differences, many myths have been circulated about Chiropractic; however, Chiropractic is truly scientific and studies continue to confirm that Chiropractic is successful not only for back pain but for many health complaints.

**Chiropractic philosophy** recognizes that doctors do not heal, but rather true healing comes from within you and is totally under the control of an internal force called Innate. From our present level of research and understanding, the quantity and quality of this Innate life energy is transmitted and expressed through the nervous system. So, the purpose of Chiropractic Adjustment is to reduce interference within the nervous system thereby facilitating the body's Innate ability to heal itself.

**The Art of Chiropractic** refers to the techniques used to free nervous system interference. It begins with a sensitive, highly skilled hands-on evaluation of the patient's spinal column. Through their hands chiropractors look for misplaced or fixated vertebrae which may be affecting nerves that travel through, and out of, the spinal cord into the muscles, organs, tissues and cells of your body. Once located, the primary method of treatment is the vertebral adjustment, an art utilizing a specific force in a precise direction to return spinal bones to their normal position and motion.

An adjustment is often combined with other natural therapeutic methods to facilitate healing. This may include any of the following: Heat, cold, light, massage, electrical stimulation, ultrasound, laser, movement and exercise and ancient techniques such as acupuncture, yoga, meditation and visualization.

Hundreds of techniques exist within the Chiropractic profession; the key is they all get results. Chiropractic is any technique used to free innate without interfering with the body's wisdom. Your total health and well being can be greatly enhanced by Chiropractic, a natural way in the alleviation of dis-ease.

**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)*