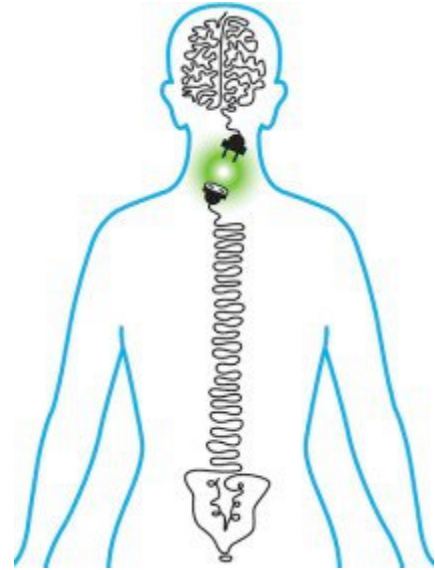


# Brain Body Connection

The brain is the master control system for the whole body; it sends and receives a complex frequency of signals to the body via the nervous system that dictates the function of the body. The brain is rather like an air traffic control centre; receiving information from landing and departing planes, ensuring that the flight paths are clear and that all is operating effectively. If air traffic control can't communicate with the aircraft then chaos is sure to happen. The same goes for your body, if your brain can't properly communicate with the rest of your body then health problems will result.



## *Did you know?*

Several decades ago a physician named Henry Windsor was intrigued by patients who returned to health after seeing a Chiropractor or Osteopath. He performed a unique experiment to see if disease in the body could be directly related to disease in the spine. In a series of 3 studies he dissected 75 human and 22 cat cadavers finding 221 diseased organs and he discovered:

Of the 221 diseased organs, 212 were observed to belong to the same sympathetic (nerve) segments as the vertebrae in curvature. In other words Dr Windsor found nearly 100% correlations between minor curvatures of the spine diseases of the internal organs.

## *Are you Connected?*

The success of the brain-body connection is linked to the health and function of the spinal column, which 'houses' the nervous system. Damage, misalignment (Subluxation), altered curves and imbalance of the spine will lead to an ineffective brain-body connection. That is why regardless of symptoms if you want your brain to talk to your body you should make sure you look after your spine through:

- Chiropractic Adjustments
- Good Posture
- Exercise

Chiropractors help to restore and maintain alignment and function of the spine through Chiropractic adjustments. Chiropractic is so much more than simply a means of relieving pain. Ultimately the goal of Chiropractic treatment is to restore the body to its natural state of optimal health by having a clear, brain- body connection, rather like an electric circuit.