

Achieving True Wellness

Health Secrets From The Pros That Can Help You Be Your Best

What do Evander Holyfield, the heavyweight champion of the world, John Smoltz, the 1996 Cy Young award winner, and Dan O'Brien, the 1996 Olympic Gold Medallist in the decathlon have in common? What do they share in common with Marla Maples Trump, who can afford the best the world has to offer, and James Earl Jones, the fine actor? .

They have all been on the cover of Today's Chiropractic Magazine sharing their excitement about the benefits of Chiropractic Wellness Care. Evander Holyfield stated in the December 1988 issue, "I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance. Once I drove 20 miles to see a chiropractor before a fight. I have to have my adjustment before I get in the ring."

Dan O'Brien said in the August 1996 issue, "you obviously can't compete at your fullest if you're not in alignment. It was the holistic idea that I liked about chiropractic. I really think chiropractic is essential in running. If I could put a percentage on it, I think I compete eight to ten percent better from regular chiropractic use, if not more. It is essential for me and my training routine," declared O'Brien. .

Ten percent is a huge amount for an athlete, or anyone for that matter. For Dan O'Brien it was the difference between him winning the gold medal and not even making the team.

A runner who runs a 10 second hundred meter dash may win an Olympic race, while an 11 second hundred wouldn't even qualify for the team. In football, a 4.5 second 40 yard dash would make a fast running back, while a 5 second 40 yard dash would be average for a lineman. A baseball player batting .330 might win the batting title, while a player hitting .230 would get sent down to the minors.

Can you imagine if your entire life improved by ten percent? What if your energy, sleep, healing ability, and immune function were all improved by 10%? How about a 10% improvement in hormonal balance and digestion efficiency? If your entire body was functioning ten percent better it would make a huge difference. You would enjoy a much happier, healthier, energetic life!

What is it that the pros know about Chiropractic Wellness Care that most people don't? Why do they receive Chiropractic Wellness Care to help them be their best and healthiest?

The first answer is that these professionals know health is not just how you feel. For example, they know that you can feel perfectly fine, and still not be healthy.

Did you ever know someone who thought they were healthy and then all of a sudden had a heart attack? Do you know anyone who felt fine one day and then, what seems like all of a sudden, got diagnosed with cancer, diabetes, arthritis, or a herniated disc?

These conditions take 10, 20 or 30 years before they show any outward symptoms that you or your doctor might be able to identify. However, what they will do is reduce your body's function slowly over time, thereby limiting your health potential and quality of life.

This process happens so slowly over time that we accept these weaknesses as normal and go on with our lives, never knowing what we are missing out on. Top athletes and performers are challenging their physical and mental limits every day so they keep track of their function and performance in relation to their

true wellness potential. Rather than waiting until they get sick or injured, they fine tune their body and mind all the time with Chiropractic Wellness Care.

Next, these top performers fully understand the relationship between their nerve system and the function of every cell, tissue, and organ of their body. Try these simple interactive experiments to illustrate this point.

Wiggle your fingers and toes. How did you do that? Your brain sent signals down your spinal cord telling your fingers and toes what to do. All your motor function and movement is controlled by your nerve system, including your balance and coordination.

Pull a hair on your arm. Now pull another one within an inch of the first. Do you feel the pulling in the same place each time, or a different place? You can feel the pulling in a different place because every hair cell has its own distinct and unique nerve supply that is connected to the brain. All your feeling and sensation is controlled by your nerve system.

How do you digest your food to get the maximum intake of nutrients your body needs to function properly? How does your heart know how fast to beat when you are exercising in order to supply appropriate oxygen to all the cells in your body? How does your body know what hormones to produce and when it's time to go to the bathroom?

Every function of your body is controlled and regulated by your nerve system. Your brain takes in all the information from the environment and sends out signals which trigger the appropriate response by your body. As long as there is no interference to this system, the brain receives the correct signals, and in turn sends out the correct response. The result is a healthy human being with unlimited abilities and human potential.

Unfortunately, if there is interference to this pathway, it acts like static on a telephone line and all the body functions become reduced. Dr. Chung Ha Suh, a researcher out of the University of Colorado, found that 45 mm. of mercury pressure, roughly the weight of a quarter, is enough to reduce the function of that nerve to 40 percent

of its original value. We've already seen the significance of 10%, can you imagine the effect of 40%? Removing this interference is a serious health issue.

One person returned to his chiropractor after not being adjusted for over a year. When his Chiropractor confronted him on wellness, he said, "I'm into wellness. I eat healthy and I exercise regularly." Unfortunately, his neck muscles had atrophied significantly and he had lost close to 50% of the range of motion in his neck. He had interference in his nerve system and didn't know it until the damage was done. All this happened while he felt fine.

This is not wellness. Random House Dictionary defines wellness as the fact or condition of being in maximum mental and physical health.

Chiropractic care is essential for wellness. Chiropractic removes interference from your nerve system so there is no static on your lines. Chiropractic Wellness Care keeps your spine and nerve system free from interference so that your body can function at its best all the time.

This is why top performers receive Chiropractic Wellness Care. Marla Maples Trump "has made her chiropractic care a family priority. Her daughter gets adjusted, and she has referred her husband, mother, chauffeur, nanny and personal assistant for care."

You too can experience true health and wellness. Begin by making Chiropractic Wellness Care a part of your family's life.

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