



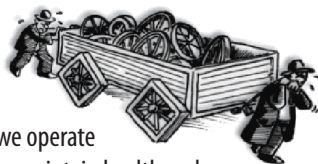
# LAKELAND CHIROPRACTIC

{ YOUR INNATE POTENTIAL }

## STRUCTURE DICTATES FUNCTION

In nature, all things have a specific structural design that dictates a very specific function. For example, isn't it convenient that there are two holes in the skin right where your eyes are? If you alter the structure, you alter the function!

We are designed within very specific natural laws. When we operate within these laws, we maintain health and it helps our lives to be great! When we start violating these laws, we begin to develop preventable problems.



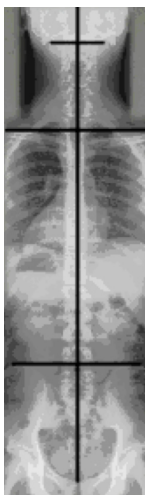
For example, to stay functioning normally, we must:

- Eat real, nutritious food
- Get adequate sleep
- Hydrate
- Exercise
- Move! Exercise (Oxygenate)
- Avoid toxicity
- **Maintain healthy posture and nerve supply**

If we violate the natural laws of health, we start to break down and the altered design begins to alter how our bodies function... This doesn't happen overnight. So if we:

- Eat junk, full of dead energy and toxins
- Wake up tired every day
- Never drink water
- Never exercise
- **Never get our spine and posture checked**

Then we are heading for an inevitable breakdown! Sorry... it's the LAW.



### START UNDERSTANDING THE LAWS OF HEALTH AND START ENJOYING A BETTER LIFE!

Your spine's main job is to protect your nervous system. To have a healthy, functioning body, you must have a healthy, functioning spine. How does yours line up?

Your child's?

So... get it checked! Or... wait for the breakdown. That's the beautiful thing: the choice is always yours!

~~~~~ **Lakeland Events** ~~~~~  
"Digestive Health!"

Join us at Lakeland Chiropractic on  
Wednesday, March 20th – 2013 @ 6:15pm

There is no charge and all are welcome. Dr. Dirk Dulmes will present on a variety of topics including:

- What processed foods are and what they can do to the body
- Common causes of digestive dysfunction
- Helping you develop strategies for prevention
- A healthy diet and health & well being for 2013

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