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LAKELAND
CHIROPRACTIC

YOUR INNATE POTENTIAL

Now accepting new patients.

Happy Mother's Day

MAY 2014 • VOLUME V • NUMBER V

Great Posture is Essential to your Health

Health is your #1 asset. Since it is your greatest asset, we need to know what it is. Health is 100% function of the body—not merely the absence of disease or symptoms. What are we doing today to invest into our most important asset? Who's going to take responsibility for your health if you won't? Your doctor? Your government?

What controls every organ system in your body? It's the brain. The brain's messages have to flow down the spinal cord and over the nerves uninterrupted for you to experience 100% function.

If someone had their head cut off, would they live or die? Die. If the nerve to your heart is cut, would you live or die? Die. This is not a 'belief'; it is a 100% FACT. It is the Law of Life.

The main area we look to is the spine. The spine completely encompasses and protects the nerve system. Did you know that your nerve system is the only system encased in solid bone? Why? Because it is the most delicate and the most important.

The spine does 2 things. It holds you upright... we call this your posture. Your posture has a direct correlation to your health. The spine also protects the brainstem, spinal cord, and nerve roots. As long as you are aligned correctly, there are no Laws being broken. The messages are flowing optimally from the brain to the body. However, if you have misalignment, (what we term 'subluxation') in your spine, it impinges upon where the nerve root exits from the cord and enters the body. Now messages are not flowing properly and the body cannot, by law, function at 100%.

Posture, corrective spinal adjustments, and corrective rehabilitative exercises are essential for a person who wants to have an amazing healthy body.

**Have you had your spine and posture analyzed?
How about your kids' spine and posture? Did you
know that we offer free spinal and postural
assessments for your family?**

Learn More

**Mark your calendar for
upcoming 2014 Advanced
Wellness Workshops & events.**

Workshops are 30 minutes long and free to attend. We can help you and your family establish reasonable, realistic goals for your well-being and health.

MONDAY, MAY 19th Exercise, Weight Loss & Nutrition, Part II

6:30 pm – Lakeland Chiropractic

A foundational workshop for anyone ready to set a health goal and achieve it. We will be covering how your body was designed to function and why healthy weight loss happens naturally when we fuel & condition the body for optimal performance.

Limited seating – call (920) 564-6061 to reserve yours today.



FRIDAY, MAY 30th Advanced Wellness Workshop & Dinner at The Bull



7:00 pm – Wellness Workshop

7:30 pm – Dinner (Courtesy of Lakeland Chiropractic)

Join us for 30 minutes to learn more about improving your health & quality of life, and why preventive choices can reduce the ability of chronic disease to take hold in your life.