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**LAKELAND**  
CHIROPRACTIC

YOUR INNATE POTENTIAL

Now accepting new patients.

**Happy Father's Day**

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## Staying Connected to the Source

When was the last time you cut your finger? Like most people, you have probably had hundreds of cuts and scratches on your fingers and hands throughout the years. Did you ever once stop and ask, "I wonder if this is going to heal? Or will it just remain an open cut my whole life?" When a surgeon makes an incision on a patient, do you think he stops to ponder, "I hope this incision heals up for this person at some point. . . ." Of course not!

OK, now take a dead person and cut their finger. What are the chances of that cut healing up? If you answered exactly 0%, I think you'd be in agreement with everyone else. So, why is that do you think? Because they are not alive! Meaning, there is no LIFE in them.

So...a few questions: Do you have LIFE in your body? What would happen to your physical body if LIFE left it? What is the SOURCE of LIFE in your body? Can LIFE be measured with a scale, a ruler, or other measuring device?

LIFE is a metaphysical concept, meaning beyond the physical. Therefore, we cannot measure LIFE by physical means. We can, however, observe its properties. Five major properties of LIFE would be Survival, Adaptation, Cellular Replication, Reproduction, and Healing.

As far as our limited scientific observations show, LIFE coordinates the physical body over the nervous system; the brain, spinal cord, and nerves. Did you know that the central nervous system is completely encased in bone? The brain is protected by the cranium (or skull) and the spinal cord

is protected by the vertebral column (or spine). That is because it is very important and very delicate. Sounds like a pretty intelligent design to me!

Did you also know that the bones of the spine can become misaligned? This happens through all of the stresses, traumas, and postures we sustain throughout our life. When this happens, the environment of the delicate spinal nerve can be encroached upon as it exits the vertebral column into the body, which reduces the mental impulses the brain sends and receives over that nerve. In Chiropractic, we call that Subluxation. And my job as a chiropractor is quite simple in concept: determine if there is subluxation through analysis and if so, correct it by an art called an adjustment, and maintain the correction long enough for the body to have a greater potential.

An adjustment is simply a gentle force—done by hand—that the body adapts into restoring the spinal bone to its correct position. Your body knows exactly where the bone belongs—so the 'correction' is actually made by your body.

Chiropractic is so simple, most people don't get it. Yet Chiropractic is one of the most valuable tools I know of for the restoration and maintenance of health and wellness.

We are here to serve this community. So should you desire to see how we can be of service to you or your family, please don't hesitate to call. Also, check out our website for the Advanced Wellness Workshop schedule. Free to all! But space is limited so please call to reserve your seating!

### Advanced Wellness Workshops

[http://lakelandchiro.net/  
events-wellness-workshops/](http://lakelandchiro.net/events-wellness-workshops/)

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, JUNE 16th FREE MOVIE SCREENING "SUPER SIZE ME"

// 6:30 pm – Lakeland Chiropractic //

This groundbreaking health documentary chronicles the 30-day, McDonald's food-only diet of filmmaker Morgan Spurlock. This entertaining account highlights the impact to his health, as well as the influence of the fast food industry and its socioeconomic consequences to our country. 100 minutes.

Call (920) 564-6061 for reservations.

#### MONDAY, JUNE 30th Raising Healthy Families

// 6:30 pm – Lakeland Chiropractic //

Join us for special guest presenter Angelica Pattison, RN, ND. Angelica has decades of expertise and Master's certification in Herbology and Natural Health. Learn more about natural remedies & first aid for children, making informed decisions about vaccinations, and natural health best practices.

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