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LAKELAND
CHIROPRACTIC

YOUR INNATE POTENTIAL

Now accepting new patients.

Happy 4th of July!

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7 Secrets of Vertebral Subluxation

A 'subluxation' is defined as a vertebral segment out of alignment with the segments above and below, which causes nerve pressure, and reduces mental impulse from the brain into the body. This represents interference to the natural expression of LIFE in the body or tissue cells. A subluxation is corrected by a chiropractic adjustment.

1. YOU CAN'T FEEL A SUBLUXATION

You might think if a bone is out of alignment in your spine causing nerve pressure that you would feel it. Wouldn't this cause pain? Only about 6% of all nerves are even capable of sending pain messages. The rest are controlling all the things you can't feel, like all of your internal organ function. Even other chiropractors need to be checked by another chiropractor to see if they need to be adjusted.

2. A SUBLUXATION CAN SHORTEN THE LENGTH AND QUALITY OF LIFE

If we have interference to the natural expression of LIFE, it logically follows that the length and quality of LIFE will suffer.

3. EXERCISE, NUTRITION, YOGA, ETC. DOES NOT HELP CORRECT SUBLUXATION

Although a proactive wellness approach to lifestyle is a very beneficial thing, a chiropractic adjustment is the only thing specifically designed to correct a subluxation.

4. ANYONE, AT ANY AGE, CAN HAVE A SUBLUXATION

That's right, even a newborn infant. How many people have a spine whose primary purpose is the protection of the central nervous system? If you guessed everyone, you'd be right on track.

5. A DOCTOR OF CHIROPRACTIC (DC) IS THE ONLY HEALTH PROFESSIONAL THAT DETECTS AND CORRECTS SUBLUXATION

6. X-RAY, POSTURAL, AND PALPATION ANALYSIS IS THE ONLY WAY TO DETERMINE THE PRESENCE OR ABSENCE OF A SUBLUXATION

Again, you can't feel it. A person can be subluxated, and have absolutely no symptom expression. Conversely, a person can be 'in adjustment' or unsubluxated and still have symptoms. A symptom is part of your body's normal function. Do you mask normal function? Or do you restore it? A chiropractic adjustment is designed to restore normal function.

7. THE SOONER YOU CORRECT IT, THE BETTER!

I would think this goes without saying; however, I understand that the majority of people in this culture are reactive and not proactive in their approach to health. Have you had your family assessed for subluxation? Are you waiting for something to go wrong? Are you too busy to take a proactive approach to your family's health?

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.

WEDNESDAY, JULY 16th The Wellness Revolution Soup Tasting

// 6:30 pm – Oma's on Main //

221 South Main Street, Cedar Grove, WI

Join us for a 30-minute Health & Wellness Workshop by Dirk M. Dulmes, DC. Sample as much Sweet Potato Carrot, Split Pea, and Lemon Chicken Orzo soup as you like. Also includes Bread and Iced Tea, Lemonade, Tea or Coffee.

Limited to the first 40 guests – call (920) 564-6061.
No charge, courtesy of Lakeland Chiropractic.

MONDAY, JULY 28th Financial Health

// 6:30 pm – Lakeland Chiropractic //

Can your financial health have an effect on your physical health? Your mental health? Of course it can. Managing finances responsibly helps eliminate stress and creates well-being in these other areas of life. In this Workshop, we'll discuss setting goals, preparing for the future, responsible budgeting, and how financial health contributes to overall health & wellness.

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