

# Summer Health Update

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## I Feel Great! This Exercise Program Is Really Working



Exercise is a great thing to do. In fact, it's one of the pillars of improved and sustained good health and well-being. Exercise can help to increase circulation,

enhance breathing, reduce some metabolic imbalances and disorders, and reduce the risks of certain degenerative diseases, like heart disease and Type II diabetes according to some research.

One thing that exercise can not do is remove or reduce nerve system interference from vertebral subluxation. And, if subluxations are present in the spine and the nerve system is working at less than its optimum capacity, you can not get the full benefit from your exercise program – or anything else that you do to improve your health and well-being. Some part of your effort is lost in the fact that your body cannot work at its best when nerve interference from subluxation is present because vertebral subluxation reduces nerve function by a minimum of 60% as soon as it takes place. And, that loss of function remains or gets worse until the subluxation is corrected by a chiropractic adjustment.

There is a danger with exercise programs that lead to your feeling better. As good as exercise is, it can trick you into thinking that everything is doing fine and mask underlying problems that your body is unable to correct on its own. These problems frequently show up only after it's too late.

Think about how you were when you first began chiropractic care. You may have sought chiropractic care when you started to get some sort of back or neck pain or some other symptom or ailment that you thought chiropractic could help. After your examination, you sat down with the doctor and learned that your problem may have begun a decade or more before your symptoms

showed up and that it could have been there most of your life without you knowing about it because vertebral subluxations don't always create symptoms. With less than 10% of your nerves dealing with feeling (aches and pains) it's not uncommon for subluxation damage to reduce nerve flow to your vital organs and tissues without causing any pain for a very long time, and sometimes not until your body has broken down so far that disease or infirmity sets in.

You may also recall that your chiropractor told you that rebuilding weakened muscles and ligaments to properly support your spine once corrected would be an important part of your healing process. You see, every aspect of your healing is important, including exercise, but none replaces the others. Without correcting your subluxations and maintaining that correction, your body simply resumes its degeneration processes, even if you can't or don't feel it happening.

Many people who exercise frequently or intensely experience a period of euphoria after their workout which is brought on by the release of endorphins, powerful hormones that relieve pain and give the body that feeling of everything being great. Unfortunately, just like pain killing drugs, the effect is only temporary and not a correction to any underlying problems which may be keeping you from being as healthy as you want to be.

Most top athletes know that they are able to perform better when they are under chiropractic care. Many actually travel with their chiropractor to major events. These athletes train every day to be their best and include chiropractic adjustments as an integral part of their regimen. Shouldn't you too?



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