

Spinal Misalignments (Subluxations) & The Chiropractic Adjustment

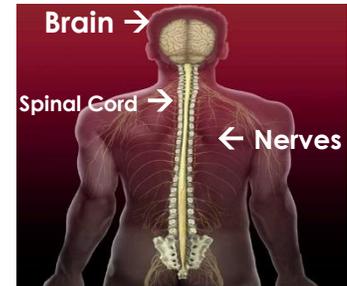
A common underlying cause of **PAIN** & how Chiropractic can help

Aloha! Welcome to **TAIRA CHIROPRACTIC**. Please take a few minutes to read the following information. This will help to prep you for your upcoming visit. Thank you.

Your body develops, functions, and heals all on its own! But, you're probably here due to some kind of **pain or discomfort** that has affected your life in some way! Today, we're here to get to know you, find out what the problem is, and help solve this problem, returning you to living pain-free and drug-free.

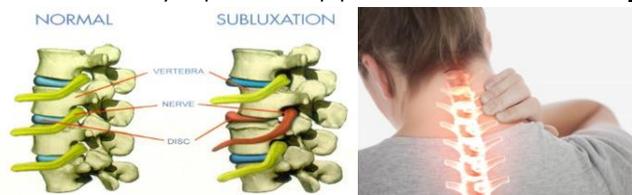
THE BODY: How you feel PAIN

The **Nervous System** senses pain. The nervous system starts with your **BRAIN**, which is your power source and perceives pain. Your **SPINAL CORD** is the main power line sending information, like pain, from the body to the brain. Lastly, your **NERVES** are the wires of the system, which connects to every muscle, organ, gland, and blood vessel of your body. Your **SPINE** is the **structural lifeline** that holds the body up right and protects your **NERVOUS SYSTEM**.



THE PROBLEM: Spinal Misalignments & Muscle Tension Patterns

Your body vitally depends on your **nervous system's** ability to properly send and receive your brain's **life messages**. When spinal bones are misaligned and muscles tighten, pressure is placed upon the nerve flow and blood circulation, and symptoms appear. This is called a **SUBLUXATION**.



THE RESULT: Pain and other Symptoms

When the pressure on the nervous system and muscle tension reaches a certain limit, your body will alert you via pain and/or other symptoms. This warning sign indicates that something is not functioning properly and requires attention. Popping a pain killer at this point may make you less aware of the symptom but will not address the spinal misalignment and muscle tension!



Beyond just neck pain, headaches, and back pain, spinal misalignments and muscle tension often cause **sleep problems, chronic fatigue, breathing difficulties, arthritis, and many other** common health problems. Your ability to perceive subtle signs allows you to act promptly and resolve problems naturally and non-invasively. Being less aware, over medicating, and/or delaying action, can lead to invasive care and prolonged healing.

THE CAUSE: Two Types of Physical Stress

The obvious type of physical stress is a **one-time trauma** such as a **car accident, sport injury, slip and fall, improper lifting, even the birthing process**.

The second type, is less obvious but **more common**. It includes **repetitive postures and motions**, such as **sleep and work positions, sitting in traffic, TV watching, and mobile phone/tablet use**. Where you spend majority of your 24 hours of the day plays a vital part in your spinal alignment and muscle tension patterns.

HEALTH OVER TIME: The Accumulation of Stress

Most people will attribute their pain and other symptoms to just '**getting old**'. But, as stress accumulates over time, the **nervous system's flow** of life messages are interfered with, muscle tension increases and decreases **blood circulation**, symptoms appear, and the healing process is diminished.



The Chiropractic Adjustment

The Chiropractic treatment is called the '**adjustment**' or '**alignment**'. It's a natural (non-drug) approach to balancing the body's structural alignment and reducing muscle tension patterns against gravity to improve the nerve system's flow and blood circulation flow to aid in optimal healing.



Today, we will be evaluating what you do throughout your day and/or the injury you've sustained and relate that to the symptoms that have been affecting you. Our goal is to resolve your problems in the shortest amount of time with the least amount of visits. We look forward to seeing you at your first visit!