

# Chiropractic care

Chiropractic care is focused primarily on the relationship between the spine and the nervous system, and how that relationship affects your health. Doctors of chiropractic can implement a broad range of techniques that aid in restoring proper alignment, motion, and function by removing any interference to the nervous system. To further support your health, whole food and herbal supplements may be added to your chiropractic care plan to maximize the benefits of your treatment.

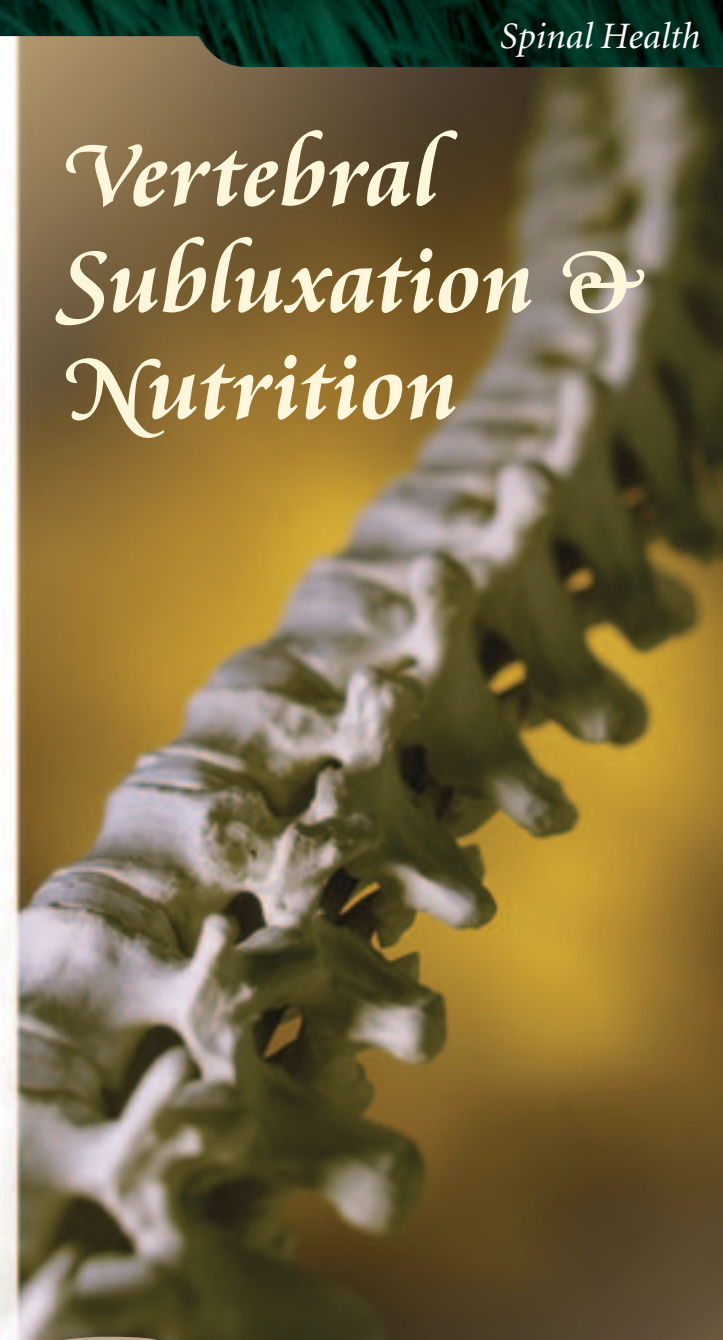


## Quality From Seed to Supplement™

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

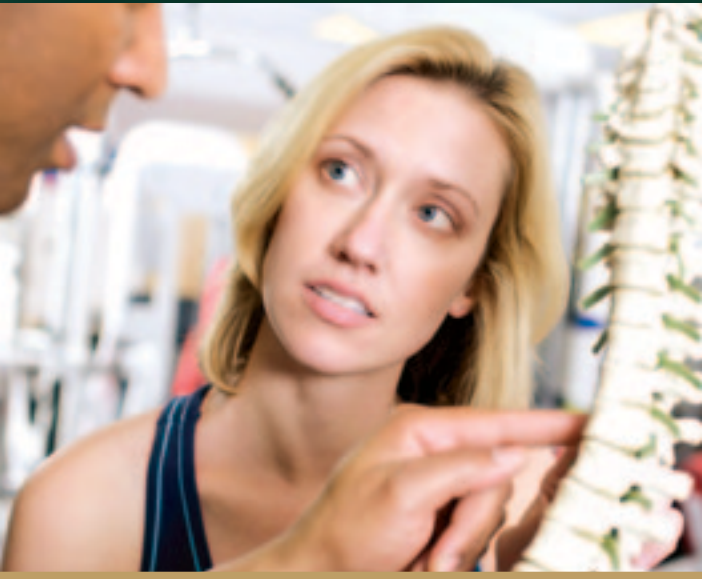
## Vertebral Subluxation & Nutrition



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# Nutritional Support for Subluxations

*Subluxations can go undetected for years, and can affect any system in the body. Seeing your chiropractor will help ensure that your body is in proper alignment.*

## Understanding Subluxations

In a healthy spine, the individual segments of the spine, the vertebrae, are carefully “stacked” and aligned so the various nerves from the spinal cord are free to function properly. A misalignment of one bone in the spine in relation to the next is called a subluxation.

A subluxation may interfere with proper nerve function when nerve signals cannot flow freely to and from the brain. This can result in potentially improper function of a gland, organ, muscle, or tissues controlled by those nerves. The most commonly affected areas include:

- ◆ Spine
- ◆ Soft tissue
- ◆ Muscles
- ◆ Nerves
- ◆ Joints






## Subluxations and Stress

Subluxations and stress, whether physical or emotional, go hand in hand. Repetitive motion, improper lifting, and poor posture can cause physical stress on the spine and nervous system. Emotional stress can create tension, causing the ligaments and muscles to tighten. No matter where the stress comes from, it can contribute to the development of a subluxation.

## Nutrition and Chiropractic

Identifying nutrient challenges is critical because they can affect nerve function and spinal stability. Proper nutrition, supported with whole food supplements, promotes overall health and provides the human body with the building blocks for tissue repair, helping reestablish proper function in the spine. Together Standard Process high-quality whole food supplements and MediHerb® herbal products support you and your spine throughout your chiropractic care.

## Five Body Structures Affected by Subluxations

Area Affected	What to look for	Details	Standard Process & MediHerb supplements*	
<b>Joints</b> 	Difficulty turning, bending	Improper motion or position of spinal bones	<b>Glucosamine Synergy</b>	Supports the body’s natural cartilage, ligament, and bone regeneration function
			<b>Boswellia Complex (MediHerb®)</b>	Supports healthy joints and circulation; provides antioxidant protection
<b>Nerves</b> 	Numbness, tingling	Improper spinal function can irritate delicate nerve tissue	<b>Neuroplex®</b>	Supports a healthy central nervous system, especially the brain
			<b>Cataplex® B</b>	Contains B vitamins; helps to maintain nerve health
<b>Muscles</b> 	Tension, weakness	Nerves can misfire, resulting in weak or tight muscles	<b>Myo-Plus®</b>	Contains naturally occurring coenzyme Q <sub>10</sub> ; supports the healthy functioning of the muscular system
			<b>Calcium Lactate/ Magnesium Lactate</b>	Supports healthy bone structure and function; helps facilitate muscle contraction
<b>Tissues</b> 	Warmth, tenderness	Addresses the natural anti-inflammatory response	<b>Ligaplex® II</b>	Feeds the musculoskeletal system and facilitates freedom of movement
			<b>Tuna Omega-3 Oil</b>	Supports a healthy inflammatory response
			<b>Gotu Kola Complex (MediHerb®)</b>	Promotes healthy connective tissue and supports the body’s normal tissue repair process
<b>Spine</b> 	Restricted movement	Calcium deposits form, compromising spinal movement and function	<b>Calcifood®</b>	Helps the body build healthy bones
			<b>Ostrophin PMG®</b>	Maintains healthy bone function
			<b>Cataplex® D</b>	Contains vitamin D; helps maintain a healthy level of calcium in the blood

Note: Your health care professional may recommend different products based on your nutritional needs.

\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



*Ask your health care professional how whole food and herbal supplements can complement your chiropractic care.*