

SHEPPARD CHIROPRACTIC

The Nervous System & Performance

For the fifth straight year, Lance Armstrong has won the Tour de France. There are many reasons for his victories, but a major influence is a 100% functioning nervous system. How is it that a man dominated the race this perfect. It is my opinion that one of his greatest assets is a healthy nervous system. *Gray's Anatomy* states that the nervous system is the master controller of the body, which controls every gland, organ and tissue in the body. Any interference in the nervous system will decrease the function of the body therefore causing abnormal function.

Dr. Sharpless states that it only takes the pressure of a dime on a nerve to decrease its function by 60%. In the nervous system, 90% controls functions and only 10% controls pain. For the majority of people, pain has been the only reason that they see a doctor. It has been my own experience that health and performance are based on the optimum level of all nerves functioning together.

Lance Armstrong has realized the importance of chiropractic care in his career. It has been an essential part in his training, injury recovery and peak performance. Research has shown that athletes under chiropractic care perform 5% better than non-adjusted athletes.

At a young age, I excelled in sports and competed at the state and world record levels in power lifting until a severe back injury ended my career. As an athlete and chiropractic patient myself, I used chiropractic care to give me that "extra" edge in performance and competition that I needed to win.



Chiropractic care helps athletes perform better by removing interference in the nervous system, from misaligned vertebra called "subluxations." When the nervous system is free from pressure, the body operates at its optimum level.

I have been a passionate cyclist and chiropractor, and I have written multiple articles on athletic performance and lectured on many legal issues concerning injured victims. I have been in private practice for ten years and have also been involved in many auto accident cases and injury-related issues. I have lectured to the community and my colleagues

on the local, state, and national levels over the past four years.

My office uses the latest technology (Thermography, Surface EMG, Posture Analysis, Muscle Testing and X-Ray), specific techniques to increase performance through proper spinal mechanics and reduce injury "downtime" through chiropractic care.

Many of the world-class athletes and professional teams, like Lance Armstrong, use chiropractic care. Sheppard Chiropractic sponsored **Team X-ray** and was involved in the health of many of the team's members, injury rehabilitation and performance needs.

For additional information, please contact our office at (513) 753-5437.