

SHEPPARD CHIROPRACTIC

The 3,000 Mile Tune-Up

The question often arises over and over again...should I still continue to come for regular adjustments even if I don't have pain? Well, I am glad you asked. I would personally agree with getting regular chiropractic adjustments because I have been receiving maintenance adjustments for thirty years now. I have only had low back pain with my occasional accidents. Pain should never be the controlling factor of why you return to get adjusted. Your nervous system is made up of over seventy-five miles of nerves and the nerve impulses can be as fast as three hundred and fifty miles per hour. Only 10% of your body registers pain and 90% controls functions like breathing, digesting, thinking and eliminating. In the last moment of the pressure on a nerve will you feel the pain, but well before that pressure your bodily functions will be affected and decreased. Would you rather just feel good and be out of pain or be healthy. The first symptom of some who is having a heart attack is death. Prior to that heart attack, that person felt good. Again I cannot stress how important it is to have your nervous system functioning at 100%. One of the greatest tests that you can use is the Thermal (HEAT) and EMG (MUSCLE) scanner at our office. These tests definitively show if your nervous system is operating at 100%. Well Dr. Joe, how often do you check your family? I check and adjust my family about 1-2 times per week. Why would I do any less for you and your family?

I have been going to my dentist Dr. Godfroy for approximately twenty-five



years now. He has taught me very well the good habits of brushing and flossing. In that period, I still to this day have my teeth checked three times a year for maintenance cleaning. Since I started driving eighteen years ago, Ray and Ron's Auto Service has been tuning up my car every 3,000 miles. Why would you not want your nervous system to run at its optimum peak for the entire life? How long would your car last if you only tuned it up when the engine started smoking or the oil light came on?

When it comes to your health and nervous system, it should be your number one priority with your family. As Dr. Godfroy and Ray Jesse have taught me, "teeth and an engine can be replaced, but it can never be as good as the original."

What is more expensive, Pain care or Maintenance care? Well, say that you have two flare-ups a year at 50 adjustments (times \$25=\$1,250) to stabilize your spine compounded with all the excruciating pain plus lost days from work or maintenance adjustments at 2 to 3 times a month at a total of \$750 with your full ability expressed at all times. You make the choice. Health is your responsibility and you do have a choice to keep your family's nervous system always operating at 100%. I hope to see you and your family for a regular tune-up.

For more information please contact Sheppard Chiropractic at 753-5437.