

# SHEPPARD CHIROPRACTIC

## Add Years to Your Life And Life to Your Years

I have always said that you should begin chiropractic adjustments at birth and continue throughout your entire life. My Grandma Hais is Eighty-Two years old and continues to receive her chiropractic adjustments. Just as everyone in your family should receive adjustments, you should also bring in your grandparents. With medication use on the rise with the elderly, it is especially important that these people receive adjustments. The average grandma and grandpa are on approximately seven to eight different medications, each one to treat the side effect of the other.

Chiropractic is the essential ingredient to a healthier, more productive and longer life. Research shows that the smallest amount of pressure on a nerve from a subluxation will take away the functions of any organ, tissue or blood vessel that it controls. Chiropractic care should be on a maintenance visit level for their entire life. Colonel Sanders received his adjustments every week for the last Sixty-Five years of his life (He lived into his mid 90's). Here are what some of the studies have showed how chiropractic care added years to our grandparent lives and life to their years.

A detailed analysis of a database collected during a three-year randomized study of senior citizens over 75 years of age and chiropractic care revealed that they received the following: better overall health, used fewer prescription



drugs, and spent fewer days in hospitals and nursing homes than elderly non-chiropractic patients. The chiropractic patients were also more likely to exercise vigorously and more likely to be mobile in the community. Eighty-seven percent of the chiropractic patients described their health status as good to excellent, compared to only sixty seven percent of the non-chiropractic patients.

Furthermore, the chiropractic patients spent fifteen percent less time in nursing homes and twenty one percent less time in hospitals than the non-chiropractic patients.

A retrospective assessment of 2,818 respondents in 156 chiropractic practices found a strong connection between persons receiving Chiropractic Care and self-reported improvement in health, wellness, and quality of life.

Ninety-five percent of the respondents reported their chiropractic expectations had been met, and ninety nine percent wished to continue care.

Now matter how much arthritis, degeneration you have, chiropractic is the only profession that will detect and correct interference in your nervous system. A healthy nervous system is the key to a longer and healthier life. It is my wish that through chiropractic care you will be able to unlock your fountain of youth.

***For additional information please contact Sheppard Chiropractic at 753-5437.***