

# SHEPPARD CHIROPRACTIC

## Have A Heart

You are probably asking what could this have to do with chiropractic care. Well, it has to do with a lot. In my opinion, it is a matter of life or death. Your nervous system controls and coordinates all functions in your body, including the beating of your heart. That is a fact.

We all remember the Russian love story of the Russian pairs skater Sergei Grinkov and Ekaterina Gordeva. Sergei Grinkov, the Russian ice skater, died six years ago from a massive heart attack. His trainer said, "He did not drink, smoke, and he worked out every day. I've never seen anyone in better condition. I'd put him against any athlete in any sport. I never knew him to be sick. Sergei was the perfect athlete." In my opinion, his death was related to the lack of flow from his nervous system. I know for a fact that he probably started skating at a very young age. Children in general will fall an average of 2,500 times before the age of seven. I would be able to guess how many times he fell on that hard cold surface, probably 3000 plus over 25 years of skating. Just add the two figures together that is a scary number. Every time Sergei fell he subluxated his spine more and more



causing more pressure on the nerve and further weakness to his spine.

Research shows that long-term continuous injuries can be detrimental to our health. The University of Pennsylvania gave Dr. Winsor permission to carry out his experiments on cadavers. Dr. Winsor wanted to correlate the health of the spine with the health of the organ. In a series of three studies, he dissected a total of seventy-five human and twenty-two cat cadavers. All twenty cases with heart and pericardium conditions had the upper five thoracic vertebrae (T1-5) misaligned. He determined that there was a 100% correlation to the disease the person died from and the misaligned vertebrae. How important could that be to the health of your family?

Currently, the number one cause of death in Cincinnati and the United States is heart attack. Approximately 56% of all deaths occur from heart disease. You owe it to yourself and family to have everyone checked for a subluxation.

***For additional information,  
please call Sheppard Chiropractic  
at (513) 753-5437.***