



# Chiropractic Newsletter

## Discover Chiropractic

### How Chiropractic Adjustments Improve Body Function

Everything that takes place in the body is regulated by information contained in the brain and the nerve system. The brain is the control center of all bodily functions.

The spinal cord and branching nerves send signals from the brain to control and coordinate the function of all the organs, tissues and systems. Nerves also send signals from the body back to the brain.

This relaying of electrical and chemical signals to and from the brain allows the body to function and adapt to everything that we do and experience.

All organ systems and processes in the body connect to the brain, including the:

- Heart and blood vessels
- Digestive system
- Production of hormones
- Skin and sensory perception
- Immune system
- Muscular and skeletal systems
- Detoxification and elimination of

waste

- Reproductive system
- Respiratory system
- Regulation of body chemistry

The brain controls all that we see, hear, smell, taste, touch, and feel. It is also the center for our thoughts, emotions, and behavioral responses, both conscious and subconscious.

The delicate brain and spinal cord are protected by bone. Pound for pound, bone is harder than cast iron or steel. In order for the body to be healthy, it must be able to adapt to internal and external forces.

The body can be subjected to experiences that may overwhelm its ability to fully adapt. These stressors impact the body and may create vertebral subluxations.

Vertebral subluxations are disruptions in the motion and/or alignment of spinal bones with related irritation or obstruction of proper nerve function. Vertebral subluxations alter the ability of

*Continue reading on page 2*

the brain and nerve system to properly control and coordinate the body, which results in decreased body function, adaptability, and vitality.

Vertebral subluxations are like static in a communication system. They prevent the brain from accurately perceiving what is happening in the body and from properly regulating bodily functions.

Often subluxations are present without pain or symptoms. Left uncorrected, subluxations reduce the function of the body and may manifest in an increased aptitude for disorders, illnesses, disability, and disease. An unobstructed nerve

system is essential for the body to be healthy and vital.

Correcting vertebral subluxations with a specific spinal adjustment allows the body to function better. Free of subluxations, the brain and body function more harmoniously and adapt to stressors more successfully.

- Peter Kevorkian, D.C.

This article appeared in *Pathways to Family Wellness* magazine, Issue #62

