Chiropractic care

Chiropractic care is focused primarily on the relationship between the spine and the nervous system, and how that relationship affects your health. Doctors of chiropractic can implement a broad range of techniques that aid in restoring proper alignment, motion, and function by removing any interference to the nervous system. To further support your health, whole food and herbal supplements may be added to your chiropractic care plan to maximize the benefits of your treatment.

Quality

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient’s needs. For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Vertebral Subluxation & Nutrition

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Nutritional Support for Subluxations

Subluxations can go undetected for years, and can affect any system in the body. Seeing your chiropractor will help ensure that your body is in proper alignment.

Understanding Subluxations
In a healthy spine, the individual segments of the spine, the vertebrae, are carefully “stacked” and aligned so the various nerves from the spinal cord are free to function properly. A misalignment of one bone in the spine in relation to the next is called a subluxation.

A subluxation may interfere with proper nerve function when nerve signals cannot flow freely to and from the brain. This can result in potentially improper function of a gland, organ, muscle, or tissues controlled by those nerves. The most commonly affected areas include:

- Spine
- Soft tissue
- Muscles
- Nerves
- Joints

Subluxations and Stress
Subluxations and stress, whether physical or emotional, go hand in hand. Repetitive motion, improper lifting, and poor posture can cause physical stress on the spine and nervous system. Emotional stress can create tension, causing the ligaments and muscles to tighten. No matter where the stress comes from, it can contribute to the development of a subluxation.

Nutrition and Chiropractic
Identifying nutrient challenges is critical because they can affect nerve function and spinal stability. Proper nutrition, supported with whole food supplements, promotes overall health and provides the human body with the building blocks for tissue repair, helping reestablish proper function in the spine. Together Standard Process high-quality whole food supplements and MediHerb® herbal products support you and your spine throughout your chiropractic care.

Ask your health care professional how whole food and herbal supplements can complement your chiropractic care.

Five Body Structures Affected by Subluxations

<table>
<thead>
<tr>
<th>Area Affected</th>
<th>What to look for</th>
<th>Details</th>
<th>Standard Process &amp; MediHerb supplements*</th>
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</thead>
<tbody>
<tr>
<td>Joints</td>
<td>Difficulty turning, bending</td>
<td>Improper motion or position of spinal bones</td>
<td>Glucosamine Synergy</td>
</tr>
<tr>
<td>Nerves</td>
<td>Numbness, tingling</td>
<td>Improper spinal function can irritate delicate nerve tissue</td>
<td>Boswellia Complex (MediHerb®)</td>
</tr>
<tr>
<td>Muscles</td>
<td>Tension, weakness</td>
<td>Nerves can misfire, resulting in weak or tight muscles</td>
<td>Neuroplex®</td>
</tr>
<tr>
<td>Tissues</td>
<td>Warmth, tenderness</td>
<td>Addresses the natural anti-inflammatory response</td>
<td>Cataplex® B</td>
</tr>
<tr>
<td>Spine</td>
<td>Restricted movement</td>
<td>Calcium deposits form, compromising spinal movement and function</td>
<td>Glucifood®</td>
</tr>
</tbody>
</table>

Note: Your health care professional may recommend different products based on your nutritional needs.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.