

# Today's Chiropractic Weekly Handout

Dr. Charles M. Laycock

## What Do Adjustments Do For You?

*Your adjustments are special. They are about more than just you 'feeling better.'*



### Are You Square To The World?

As a chiropractor, I understand that the underlying cause of many health problems is from nervous system disturbances along your spine. When I see patients of all ages in my office, I often find their health problems show up in the form of subluxations, or, as one or more spinal bones that are stuck and not moving correctly.

Many people come to the office thinking that a chiropractic adjustment puts the wayward bone back into its proper position with the bones above and below it and they're fixed.

### Your Nervous System Controls Everything In Your Body

Actually, bones are static structures, but they are alive. They move when acted upon by your muscles. And muscles only contract when commanded by your nervous system, this is the same with all of your internal organs.

That's why chiropractic care is actually about the quality of your nervous system, not just the condition of your spinal column.

I want you to remember, your body does the actual healing, I don't. This is true of all kinds of doctors. Some may perform surgeries or cast a broken bone, but they have nothing to do with healing.

Healing comes from above down and inside out. The adjustment helps you heal from the inside out. I use everything I know about anatomy, physiology and spinal biomechanics to partner with your body's wisdom so you heal and stay healthy.

My real job is not to heal you. My real job is to help your body stay clear of interference. If we work together, you will be healthier. ***That's why each visit builds on the ones before, helping to retrain muscles and with time, your body can "right" itself.***

### HEALTH TIP OF THE WEEK:

## Maximizing Your Metabolism

It is possible to increase the amount of calories you burn, which will help you lose fat faster. Follow these strategies to help keep your calorie-burning furnace stoked all day long.

### **Sit down to breakfast**

When you eat first thing in the morning, your body switches into calorie-burning mode.

### **Stay hydrated**

A small German study found that when people drank two cups of water their metabolism jumped 30 percent after 40 minutes – and it stayed elevated for an hour.

### **Breathe deeply**

Stress hormones, like cortisol, can put a damper on your metabolism. When your day gets hectic, close your eyes and take five deep breaths into your belly.

### **Snack**

Eat 100 to 200 calories every four hours (at least; snacking every 2 hrs is better). When you're consistently giving your body food, your metabolism doesn't have a chance to slow down. (During sleep is when you want it to rest; so have a lighter dinner such as a protein with lots of veggies since they metabolize faster than grains, allowing your digestive system much needed rest when you sleep).

~Shape Magazine

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Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm