

# Today's Chiropractic Weekly Handout

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## Chiropractic Research Facts about Life Expectancy

Here's something I want you to think about-your life expectancy facts. The Projected World Population will change from 2005 to 2040. People 100 years or older will increase by 746% according to the US Census Bureau. I'm not sure about that one, but it's something that sounds good anyway.

More than half of all the babies born since 2000 can expect to live to 100. That comes from the Lancet but we won't be around to find out if they're right. Researchers tell us that thirty percent of aging is based on genetics and that 70% is attributed to life-style choices.

Most likely your oldest relative lived to be around 75. So you have their genes. Adjust your lifestyle and enjoy the quality of life you deserve.

### Nervous System Facts:

Your brain has more than a billion neurons. That might not mean much to you, but that allows it to store more than 100 trillion bits of information which no computer can compete with. It regenerates constantly and can renew its cells, even in adulthood. It communicates via your spinal cord to every cell, tissue and organ in your body through 45 miles of nerves. These 45 miles of nerves relay over 3 million messages **every second** between your brain and every cell in your body at speeds up to 170 m.p.h.



### Regeneration is possible with Chiropractic.

Spinal Injury Research Facts: 8-10 mm of pressure, the weight of a single dime, can reduce spinal nerve transmission. 10 mm of pressure can interfere with the nutrition of a nerve, starving it of nutrients. Here's the key though. If you have "nerve compression" it can exist without pain. That means you can have nerve compression with absolutely NO SYMPTOMS. Stretching a nerve 6% can decrease the strength of its impulse by 70% and this happens to people everyday. After two weeks of immobilization, scar tissue can appear in the bone.



### How Spinal Subluxations Happen.

This is something most people don't understand. They think you have to fall or be in an auto accident to become misaligned. Nothing could be further from the truth. Subluxations, or misalignments, if you will, are caused by the birth process – the falls associated with learning to walk, childhood play, growth spurts, body and weight changes, the physical, chemical and mental stress that everyone has, intense emotional experiences, auto accidents, work injuries, environmental toxicity, food poisoning, sports injuries, intensive training, hormonal changes, poor posture, excess sitting, trips and falls, sickness or disease. **Just because you don't have any symptoms doesn't mean you don't have any nerve problems. Don't rely on your symptoms to tell you if you need an adjustment.**

Be sure to get checked regularly!



## Today's Chiropractic Clinic

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Office Hours:

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

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