

Today's Chiropractic Weekly Handout

Should I Still Get Adjusted If I Am Sick??

Dr. Charles M. Laycock

This has been a question that many people ask all the time. We also get phone calls stating: "I wont be coming into the office because I am sick."

Did you know that your nervous system is the master controller of your body? Current research states that **the immune system is directly controlled and connected to your nervous system.** Remember, it only takes the pressure of a dime to decrease the ability of your immune system to function by 60%. Interference in the nervous system is called a subluxation, it will lead to a decreased ability of the body to heal, regulate and fight off infections. **This is like driving your car on the highway with the emergency brake still on.**

You will still get to your destination, but the journey will take a long, long time and there will be considerable wear on your car, or in this case, your body.

So, getting back to the question. **Yes, absolutely you should get adjusted when you are sick.** An adjustment will increase your body's ability to fight the infec-



Try This Easy Healthy Chili Recipe ~ Perfect For Fall!

- 1 pound ground beef/turkey
- 1/2 teaspoon ground cumin
- 1 cup chopped onion
- 4 teaspoons finely chopped jalapeno chili peppers
- 1/2 cup chopped green bell pepper
- 1 (29 ounce) can diced tomatoes
- 2 1/2 tablespoons chili powder
- 1 (15 ounce) can tomato sauce
- 1 clove garlic, minced
- 1 (16 ounce) can chili beans, undrained
- 1 bay leaf

In a large saucepan over medium high heat, combine the ground beef, onion and bell peppers. Sauté for about 5 minutes, or until beef is browned. Drain excess fat.

Add the chili powder, garlic, bay leaf, cumin, chili peppers, tomatoes, tomato sauce and salt and pepper to taste. Bring to a boil and reduce heat to low. Cover and simmer for 1 1/2 hours, stirring occasionally. Stir in the beans and heat through.



Help Us Make Dr. Laycock #1!!

Here's how to vote for Dr. Laycock for Best Chiropractor for King 5's Best of Western Washington:

- Go to <http://best.king5.com>
- In the search box, type "Charles Laycock"
- Click on Dr. Laycock's name to the right of his picture
- Click the yellow "VOTE" button
- Fill in the required information or click "login" at the top if you have an account from last year
- Click the blue "REGISTER & VOTE" button
- On the next page, follow the prompts, click "UPDATE" or "SKIP"
- You will then get an email instructing you to click on the link to confirm your vote.

That's it!! Thanks for your support!!

**You can also write a recommendation on the voting page, scroll down a bit and click the blue link to "Write a Recommendation"

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~ Serving Our Community Since 1990 ~