

The Weekly Handout

Issue 40, 2011

Dr. Charles M. Laycock

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Fun Friday!!	3
4	5	6	7	8	9 Fun Friday!!	10
11	12	13	14	15	16 Fun Friday!!	17
18	19	20	21	22	23 Fun Friday!!	24
25 	26 Office Closed	27	28	29	30 Fun Friday!!	31 



Office Hours:

Mon: 8:30am-12pm & 2:30pm-6:30pm

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

Wed: 8:30am-12pm & 2:30pm-6:30pm

Fri: 8:30am-12pm & 2:30pm-6:30pm

Have you ever watched a rowing team at work? It is a beautiful thing to see. Four people with Eight long oars working in perfect harmony to cut through the water. Now have you ever tried it? It is harder than it looks.

What does this have to do with Chiropractic?

The oars move together in harmony and in sync. There is no oar slapping or banging. The boat isn't veering back and forth. That is because all four people are doing their job. Imagine if one person went to sleep. Imagine if they suddenly just stopped doing their part. It would cause all sorts of problems!

The same is true of your spine! *You have 24 vertebrae that SHOULD all be working and moving in harmony.* Sometimes however vertebrae can become stuck and not only cause problems where they are but effect all the other vertebrae as well with their lack of proper motion!

Every time I check your spine I am checking for lack of motion (bad rowers) and getting them back in sync with those around them. This lets your body once again work in harmony and just as the rowing team, it's a beautiful thing! **MOTION IS LIFE!!**



Would you rather be *wealthy* or just *not poor*? Would you rather be *fit* or just *not fat*? Would you rather be *happy* or just *not miserable*? Would you rather be *successful* or just *not destitute*?

Would you rather be **HEALTHY** or just **not SICK**?

These questions seem simple, but sadly, most people go through life with the high goal of simply avoiding sickness. *A lot of people THINK that as long as they are not sick that they must be healthy,* but that is as flawed a thought as saying, 'as long as I am not in debt, then I must be rich.' It just doesn't work that way!

It comes down to focusing on the positive rather than merely avoiding the negative. Each day people take medication to simply remove symptoms and then call that "healthcare." How on earth could that be called healthcare when you aren't working toward health... you are just working to avoid sickness?

The take home message here is that **chiropractic promotes HEALTH** by removing interference in the body's ability to function at its highest potential!!

Serving our Community
Since 1990



**Today's
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Clinic** of Des Moines

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