

Most of us have been led to believe that the only keys to good health are eating nutritious foods, drinking plenty of quality water, sleeping well, exercising regularly and breathing clean air. While these items are vital to our health, every function within our body is under the direct control of the nervous system, which must operate at 100% for optimal health.

The nervous system controls every cell of your body. Nerve impulses flow from the brain, down the spinal cord, and out to every organ and tissue in the body. More messages are sent back to the brain to confirm that the body is functioning as it should. There are 24 bones within the spine called vertebra. When a vertebra moves out of its normal alignment, damaging pressure may be placed on the nervous system and interfere with the exchange of information between brain and body. This condition is referred to as SUBLUXATION and subluxations impedes your body's natural healing ability and less than optimal health results. Also, spinal imbalance in one area of your spine will cause other areas in your spine to work harder to compensate for the imbalance.

Remember: Only 10% of your nervous system perceives pain. Up to 90% can be heavily stressed without giving any signal or alarm. Unfortunately, there are usually no early warning signals with vertebral subluxation. If vertebral subluxation is not corrected, your body cannot function properly and this can create abnormal body chemistry, accelerated spinal degeneration (arthritis) and disease.

Optimal Health is for You and Everyone You Know

At McCormick Chiropractic, our purpose is to educate and adjust families towards optimal health through natural chiropractic care. Chiropractic is the number one choice in restoring and maintaining optimal health naturally.

Chiropractic is for all ages. Subluxations often begin at birth and progressively get worse throughout life. It is very common to see entire families receiving chiropractic care because no one is ever too young or too old to obtain a healthy nervous system. People who are under regular chiropractic care are among the healthiest people on the planet, experiencing far less hospitalization, medication and other doctor visits.