



The Four Principles

The four principles that govern your body are the four principles that we focus on here at Canadi Chiropractic. Often with life's hectic pace these are over looked so let me review.

#1 Your body is designed to heal itself! Nothing and no one else heals you! Everything done to get you better is done to get your body in a stronger place so it can heal itself. Sometimes what we take or do can actually do the contrary! Remember your body is replacing skin cells daily, it replaces all of the cells in your liver monthly, your stomach lining every 5 days, your taste buds every 11 days and all red blood cells every 4 months, just to name a few!

#2 Your brain and nerve system control and co-ordinate every single one of these processes.

#3 Interference of the communications between the brain and the body can reduce the efficiency and effectiveness of the body's process of healing, rejuvenation and replacement of cells. It can also hinder the fine tuning of the body functions for optimal productivity i.e. the appropriate production and release of enzymes, hormones and other chemicals to keep your body working, replicating and healing, as it was designed to do.

#4 My job is to find these interferences to the nerve functions (subluxations) and to do my best, with your help, to reduce and ultimately correct them.

I can't tell you the number of times I have people tell me that getting adjusted has reduced or removed pain or has them feeling better then they have in years (sometimes decades). That they have more energy, sleep better and are able to eat things they haven't in awhile. Their body functions have become regular and they are able to run faster, lift more, move better, even take less medication and are less prone to illness then in prior years. I am constantly reminded how far reaching what I do, is.

If there is anyone you can think of (even maybe yourself) that could benefit from having a better functioning body, please call me.

All new patients that are referred to us will receive a comprehensive examination, an electro-interstitial scan, any necessary x-rays and a report of findings for \$47.00.

Have an awesome February!

Dr. Brian

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