



May 2024 Issue

Newsletter published monthly by Kunz Chiropractic

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MAY THE FORCE

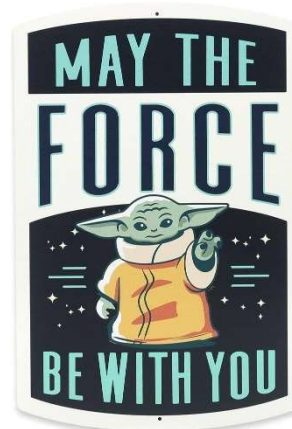
I'm a big Star Wars fan and I have seen all the movies and shows. Now I'm not over the top or anything, but we couldn't pass up a May the force be with you month! In one of the newer movies Luke asks Rey what she knows of the force. She replies something like it makes things float. Hilarious moment showing how much she really knows about the force that is inside of her.

When people start their journey in Chiropractic care they usually start because of some pain, problem, or headache. The most common issue right now is pain in the neck that moves into the shoulder areas. It usually also comes with headaches that happen if the pain becomes bad. In a close second is back/hip pain that can be in the center of the lower back or off to the left or right side. When we begin to care for these issues and start an adjustment protocol two things begin to happen.

The first is, these areas begin to get lined up better and will have improved ranges of motion. This allows for the physical aspect of the joints to function better, which usually leads to less pain and discomfort.

The second aspect that begins to happen in the body is the function of the nervous system returns. This is where we can relate it to the force that they talk about in Star Wars. The nervous system is amazing in how fast it can process information, adapt to stress, and send signals. I feel like most of us know about as much as Rey if we were asked the question "what do you know of the nervous system?" Since most of us do not train with Yoda about the power that lives inside of us, we only know what we can see or feel.

We can see our arms or hands move or we can feel our stomach beginning to digest food. When there is a problem, it almost



seems as if we have no control over ourselves. We can't make a sciatica pain stop or make the headache go away with our thoughts. This is where Chiropractic comes in, the adjustment clears

the path for information to level out and go back to normal. Over time we become more resilient to stress and able to defend ourselves from disease or the dark side.

Contact Kunz Chiropractic to make an appointment

(402) 614-5677

<https://www.kunzchiropractic.com>

This month's recipient of our giving back campaign is Partnership 4 Kids which is a favorite of Tricia L.

During the month of May all new patients will receive a full exam and any x-rays needed for \$55. All the proceeds will be donated to Partnership 4 Kids. Please help spread the word so we can raise as much as possible.

Government funded insurance carriers not included.



We are a youth development nonprofit with over three decades of experience providing college-bound mentoring and goal-setting programs to Omaha's youth. We cultivate the community's next generation of leaders through academic support, postsecondary exploration, and career readiness. Dedicated staff, AmeriCorps Service Members, and community volunteers help place P4K students on a pathway to lifelong success.



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