



Thankful

For many weeks now I have been thinking about what I am thankful for. My answer may surprise you as I am thankful for the innate intelligence that resides in all of us. The innate intelligence is throughout our body and its programming allows the body to respond quickly to stimulus. This is the intelligence that drives healing on the cellular level, and it is like



just knowing what to do at the right time. It is practically magical.

When I think about the innate intelligence I began to think back on my children and how we have cared for them. I've told patients before that my girls have been a long-term science project. As funny or weird as that seems their primary care has always been chiropractic when it comes to staying healthy or managing common sickness. Of course, I am biased, and they have easy access to chiropractic care even so much that when I'm at home a common line I use is "I'm off work today" when they ask for an adjustment at home.

So, what's the difference? The difference is when the innate intelligence inside all of us is

allowed to freely communicate it can control function, defend against intruders, and heal tissue. The special thing for my daughters is they have been experiencing it since birth. Their nervous system hasn't known much interference and it has shown in the outcomes. Not in height of course, I guess chiropractic doesn't affect how tall you are; that is just a product of two short parents.

Speaking of genetics, I think back to my childhood and remember being sick many times repeatedly. My wife feels the same about herself so the genetics would say our children should have the same outcome, but they didn't. That is where the science project has been a dramatic accomplishment in the outcome for my daughters.

Really what I'm thankful for is a healthy family that has been assisted by a precise chiropractic adjustment of which I get to share with so many people!



This month's recipient of our giving back campaign is Heartland Hope Mission Food Bank which is a favorite of Doug and Jolene.

During the month of November all new patients will receive a full exam and any x-rays needed for \$55. All the proceeds will be donated to Heartland Hope Mission Food Bank. Please help spread the word so we can raise as much as possible.

Government funded insurance carriers not included.



“Heartland Hope Mission is able to assist many people who are physically hungry, but also those who have spiritual hunger” -Jolene

“Heartland Hope Mission Food bank has had over a 46% increase for food requests than they did a year ago” -Doug

Heartland Hope Mission helps working poor families by providing them with some of life's most basic staples including: a week's supply of food, clothing, hygiene items, SNAP assistance, community referrals, and job resources. Heartland Hope Mission is a faith-based organization that also offers Bible studies and prayer.