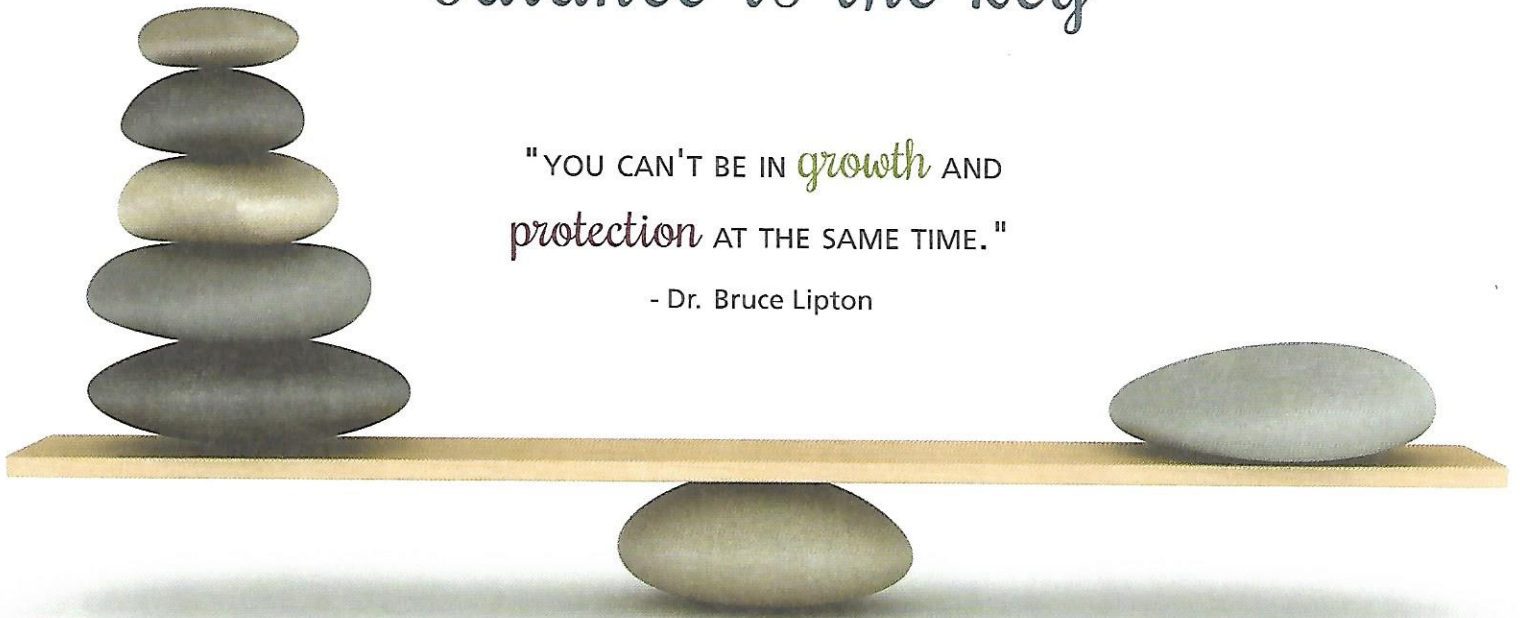


# CENTRAL NERVOUS SYSTEM

*balance is the key*



"YOU CAN'T BE IN *growth* AND *protection* AT THE SAME TIME."

- Dr. Bruce Lipton

**Subluxation** occurs when a misalignment and fixation within the spine creates **stress** and **tension** on the nerves. This stress causes the Central Nervous System to go into a protective state of **fight** or **flight**.

## SYMPATHETIC

GAS PEDAL

1. Misalignment and fixation occur (subluxation)
2. Stress response (adrenal glands) activated
3. Central Nervous System gets stuck in fight or flight

## PARASYMPATHETIC

BRAKE PEDAL

1. Chiropractic adjustment corrects subluxation
2. Rest, relaxation, digestion, and immune function improve
3. Growth, healing, and development are restored

DIS-EASE CYCLE



WELLNESS CYCLE



HEADACHES ARTHRITIS / DEGENERATION DEPRESSION  
 COLD AUTISM EAR INFECTIONS  
 FLU anxiety COLIC insomnia  
 ISSUES ADHD bed wetting  
 BEHAVIOR seizures high blood pressure  
 INFERTILITY  
 HEART DISEASE  
 MUSCLE SPASMS/PAIN  
 fatigue HIGH CHOLESTEROL  
 allergies  
 ACID REFLUX sensory processing disorders  
 CONSTIPATION  
 CHROHN'S/SIBS