

# WHAT CAUSES MY SUBLUXATIONS???

People frequently question how they got their subluxations in the first place, or they may wonder why they need continued care once they are feeling better. By reviewing the causes of subluxation, you should be able to answer both of these questions yourself.

Subluxations are caused by stresses which our body can't adapt to - which overload our systems, causing us to "blow a fuse". These stresses fall into three categories:

## PHYSICAL STRESS

▶ **Trauma** to your body can cause or contribute to subluxation. Car accidents (even if you're not severely injured)...slips/falls...blows to the head (e.g.. getting hit by a baseball, bumping your head getting out of the car)...jolts.

▶ **Occupational stress** - the way we do what we do.

**Work** - sitting at a computer...leaning over a car...a dentist/hairstylist leaning over a client...sitting for long periods at a desk...driving heavy rumble machinery...stress injuries from lifting...repetitive or one sided motions...standing for long periods...bending/twisting...the list goes on and on.

**Home** - talking with the telephone tucked between your ear and shoulder...carrying your child around on one hip...bending/lifting/twisting...moving heavy furniture/mattresses, etc...sleeping on your stomach...a too soft mattress...too many pillows...falling asleep on the couch...carrying a heavy pocketbook or backpack on one shoulder...sitting on a big wallet...wearing high heels...housework or yard work done improperly...snow shoveling

▶ **Sports/Recreation** - one sided sports: golf, tennis, bowling, racquetball, etc., which develop our muscles unevenly. Sports injuries are a major source of subluxation as well (an important reason children involved in athletic activities should be checked and adjusted as necessary). Even when done properly, certain sports, such as skiing (water or snow), rollerblading, hockey, football, wrestling,

gymnastics and many others, easily lead to subluxations.

▶ **Posture** - How we sit and how we stand has a great affect on our spinal structure. A person who is hunched over when they are older did not get that way over night, nor is their shape usually just from osteoporosis.

▶ **Birth Trauma** - The birth process is the #1 major cause of subluxation. Most babies are subluxated from birth.

## MENTAL/EMOTIONAL STRESS

This is the biggest ongoing cause of subluxation that there is. Think about how your body feels when you get "stressed out". Your posture changes, your muscles tighten, your nerve system is definitely on overdrive. There's three of the 5 components of subluxation right there. Remember, our emotions express through our bodies. Our bodies hold onto the emotional memory. This is one way subluxations recur. So, how we react to external factors in our life definitely causes or contributes to subluxations.

## CHEMICAL STRESS

We've all had the experience of eating some food which gave us a headache or made us feel bad in some way. Chemicals our body is exposed to cause stress which causes and contributes to subluxation. The air we breathe, the water we drink, and the food we eat is what our body uses to build new healthy cells. If what we take in is full of harmful chemicals, this stresses our body and, most especially, our nerve system. Chemicals we may be exposed to at work can also cause and contribute to subluxation. Even drugs or medications you take to help you "get better" cause subluxation. **ALL** drugs have side effects (yes, even aspirin, Tylenol and Motrin). According to Eli Lilly, who manufactured drugs - "*Any drug without a side-effect isn't a drug at all*". Drugs always alter the function of the body and definitely cause and contribute to subluxation.

**THE WAY WE LIVE CONSISTENTLY SUBJECTS US TO SUBLUXATION.  
THIS IS WHY IT'S SO IMPORTANT FOR EVERY MAN, WOMAN AND  
CHILD TO BE CHECKED AND ADJUSTED REGULARLY!!**