

Innate Intelligence

There is obviously an intelligence that resides in the body. The mission of this intelligence is to maintain the body in active organization, and to guide the body in adapting to its environment. This intelligence handles thousands of functions at one time, without us even thinking about it. We call this inborn intelligence, Innate Intelligence.

Just a few examples of this innate intelligence include:

- *The heart rate will increase when walking upstairs or decrease when resting, without us even thinking about it.*
- *The diaphragm will raise and lower faster or slower, depending upon what's needed, without us even thinking about it.*
- *The fight or flight response (the body's physiological responses to a real or perceived danger, in anticipation of "fighting" or "flighting"), without us even thinking about it.*
- *Your body maintains a certain internal temperature, regardless of the external temperature, without us even thinking about it.*
- *Food turns into living healthy "cells and tissue", without us even thinking about it.*

The brain and spinal cord (the central nervous system) is the first system to develop.

The brain and spinal cord (the central nervous system) is the system that controls the development of all other tissue, organs, and systems.

The brain and spinal cord (the central nervous system) is the only system that will never repair itself if it is injured.

The brain and spinal cord (the central nervous system) is the only system totally protected by bone: the brain is protected by a rock hard vault-the skull. The spinal cord is protected by 24 little skulls (for motion) called vertebrae.

Subluxation

A subluxation is a vertebra out of place with the one above or below, causing interference to the nervous system. The interference will cause malfunction in your body. Malfunction in your body will cause symptoms, disease and eventually death.

The Doctor of Chiropractic

The Doctor of Chiropractic is the only doctor trained to detect and correct subluxations.

The Choices We Make Can Cause Subluxations

- *Physical*
- *Chemical*
- *Mental-emotional-spiritual*

Possible Physical Causes of Subluxation

- *Accidents*
- *Falls*
- *Not sleeping properly*
- *Not walking regularly*
- *Sitting all day*
- *Standing all day*
- *Lifting incorrectly*
- *Repetitive motion_(Micro trauma)*
- *Constant noise*
- *Frequent shift changes*

Possible Chemical Causes of Subluxation

- *Not enough water*
- *Caffeine*
- *Nicotine*
- *Alcohol*
- *Processed foods*
- *Unclean air*
- *Processed sugar*
- *Salt*
- *Any drug*
- *Chemical fumes*
- *“Clogging” foods*
- *Chlorine*
- *Fluoride*

Possible Mental/Emotional Causes of Subluxation

- *Worry about health, family, job, money*
- *Anxiety*
- *Fear*
- *Anger*
- *Thanklessness*
- *Unhappiness*
- *Frustration*
- *Lack of peace*
- *Lack of purpose*
- *Unfulfilled desires, goals, dreams*