

YOUR BODY AND YOUR EMOTIONS

MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES

Pain Areas and Probable Causes:

Neck:

Refusing to see other sides of the question. Stubbornness, inflexibility.

Shoulders:

Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

Spine:

Represents the support of life.

Upper: Lack of emotional support. Feeling unloved. Holding back love.

Middle: Guilt. Stuck in the past. Get off my back.

Lower: Fear of money. Lack of financial support.

Elbows:

Represent changing directions & accepting new experiences.

Wrists:

Represent movement and ease.

Hips:

Fear of going forward in major decisions. Nothing to move forward to.

Knees:

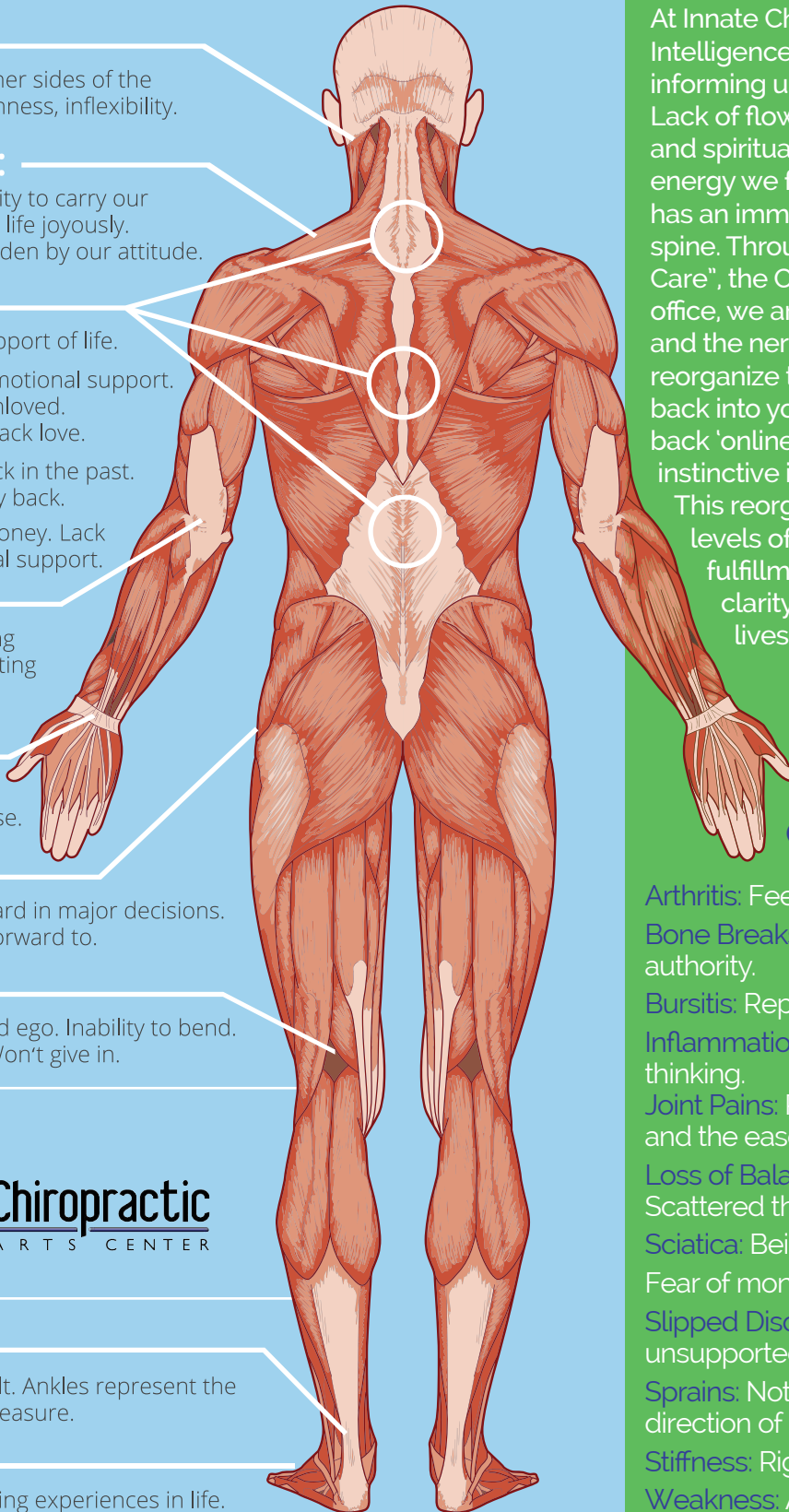
Stubborn pride and ego. Inability to bend. Fear. Inflexibility. Won't give in.

Ankles:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

Bunions:

Lack of joy in meeting experiences in life.



HOW IT WORKS:

At Innate Chiropractic we appreciate the Innate Intelligence of the body that is constantly informing us of the flow of health in our lives. Lack of flow in our emotional, mental, physical and spiritual health can create stuck patterns of energy we feel as pain. This lack of energy flow has an immediate affect on our body and our spine. Through "Network Spinal Chiropractic Care", the Chiropractic method used here in our office, we are able to retrain the body, the mind and the nervous system to see pain as fuel and reorganize that fuel to bring energy and vitality back into your life. Your mind and body come back 'online' and you begin to discover instinctive intelligences that move you forward. This reorganizational healing brings new levels of consciousness, awareness, and fulfillment. Our patients experience more clarity, energy, presence and joy in their lives.

Innate Chiropractic
Healing Arts Center

OTHER CONNECTIONS:

Arthritis: Feeling unloved. Criticism. Resentment.

Bone Breaks/Fractures: Rebelling against authority.

Bursitis: Repressed anger.

Inflammation: Fear. Seeing red. Inflamed thinking.

Joint Pains: Represent changes in direction in life and the ease of these movements.

Loss of Balance: Not centered. Scattered thinking.

Sciatica: Being hypocritical.

Fear of money and or the future.

Slipped Disc: Indecisive. Feeling totally unsupported by life.

Sprains: Not wanting to move in a certain direction of life. Anger and resistance.

Stiffness: Rigid, stiff thinking.

Weakness: A need for mental rest.