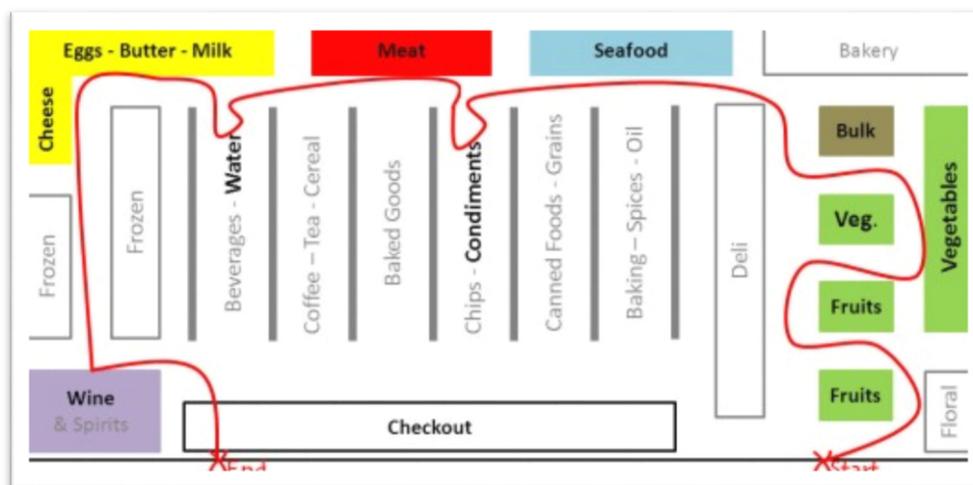




The Connection Between Chiropractic Care & Nutrition

Healthy foods are not the only necessity for a healthy body.

You try to purchase organic products. You make sure to steer clear of highly processed, GMO foods. You even do the bulk of your grocery shopping around the perimeter of the supermarket, buying products packed full of nutrients with a short shelf life. In theory, you're nailing the whole idea of healthy eating.



But what if we told you that consuming all of these healthy foods without an optimally functioning nervous system was like storing them in a refrigerator that had been unplugged?

Disrupted Nervous System, Disrupted Diet

Your nervous system influences every single part of your body, and when it comes to your food, digestion is no exception. When the nervous system is not balanced and experiencing disruptions, chances are that no matter how nutritious your meal is, the nutrients that your body needs won't be properly stored, broken down or even entirely used.

Why?

The nervous system is responsible for telling your body what it needs to do with its fuel. If a disturbance is present, the messages sent between your brain and body will go unread. While you may be eating three square meals a day, your body isn't reaping the benefits that it should, leaving you to wonder why you don't feel as good as you thought you would.

Can Chiropractic Make a Difference?

Through chiropractic care, our job is to help get your spine (and the portion of the nervous system it protects), to work optimally. Precise chiropractic adjustments are used to improve the motion and position of individual spinal bones. As they do, some patients report enhancements in other aspects of their health as well.

Wondering what you can do to improve your nutrition?

On your next visit, ask us about ways to supplement your diet if you believe your lifestyle doesn't present you with the opportunity to consume properly balanced, nutritious meals.

