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WOW. HOLIDAYS HERE ALREADY

Wow is right. The Holidays are upon us and that means that the year is coming to an end soon. I hope it has been a great one for everyone so far and I hope everyone has accomplished the goals they set out to accomplish thus far this year. I have to admit that I have not done as well as I planned, but there is still some time and I am optimistic that things will go even better from here on out.

In order to accomplish the goal that I have planned, I know that I have to perform to the best of my ability. It doesn't do me any good to set weak goals because that doesn't give me any excitement to propel me forward. What was it Hellen Keller once said, "Life is either a great adventure or nothing." So to reach for my goals I know I have to be running at peak levels. And you are probably wondering, what does he mean by running at peak levels.

Just as a nascar driver, we have to have our "machines" working at optimum capacity. Jimmy Johnson would not even step into a car that has not been "checked out" by his top mechanics. I am sure he has his top guy go over a checklist and every mechanic down the line is held accountable for their part of that car and its performance levels.

WHAT ABOUT YOUR MACHINE

Now, what about your machine? What is your machine? The machine I am talking about is your body! Is your machine running like Jimmy Johnson's? How are you going to accomplish your goals if your machine is sputtering and coughing. If you feed your machine low grade fuel, how do you expect it to perform well? If the parts of your machine are rusty and out of place or out of kilter, how are you ever going to reach the finish line much less finish on top?

TO THE RESCUE

This is where chiropractic comes in. Chiropractic takes the pressure off the nerves which allows the communication from the brain to the glands and organs - which make the high grade fuel - thyroxine, adrenalin, cortisone, dopamine, glucose, estrogen, testosterone, to name just a few, not only to produce the chemicals, but to make sure they work in perfect harmony. What a miracle, the coordination of these chemicals in your body happens to be. No man made machine could duplicate this masterpiece in a million years.

"My machine is fine doc - I don't hurt anywhere. I am ready right now for the race track". That is the common thinking if you still believe in our current medical model. The model states "if I hurt then something is wrong. If I don't hurt, then I am fine". These subluxations don't hurt. In fact, when a bone is out of position in your spine, ninety percent of the time it doesn't hurt.

So before the Holidays are here and gone, get that "machine" purring like it was designed to purr and know that you still have time to reach your goals!

Use this newsletter as a coupon for the initial consultation, exam, x-rays (if needed) and report of findings for \$45.00. Expires December 31, 2012.
