

Condon Chiropractic Office
676 W. Baltimore Street
Wilmington, IL 60481
815-476-5445

condonchiropractic@sbcglobal.net
condonchiro.com

November 2013 Newsletter

Energy!!

I have a daughter that plays college soccer at the division 1 level at Western Illinois University. I am very proud of her. She works very hard on her skills every day. As with any division 1 athlete, they require a lot of energy to sustain them for long periods of training and then even to keep up with their studies. If they did not eat right and get plenty of rest and just have energy from "within", there is no way they could compete at that high a level.

At what level are you competing?

Every one of us should be striving for lofty goals and ambitions like my daughter. We may not be competing at the division 1 level, but our lives are as important as hers and we want to get the most energy from our food, and our rest, and "within", as she does. Now the "within" energy comes from a series of chemicals. An organ in your throat called the thyroid gland makes a chemical called thyroxine which controls all of your metabolism and this gives you energy.

Thyroxine and Adrenaline

An organ over the kidney called the adrenal gland, makes a chemical called adrenaline which allows you to run and jump and dance and bowl and do yard work and shovel snow ETC. What if these chemicals are only at half strength? Could you possibly perform at your peak level?

Chiropractic makes sure the message gets from the brain, which controls all these messages, to the organs, which makes all these chemicals, to the bloodstream, which gets to the muscles, which in turn moves our bodies.

Vertebral Subluxation

A vertebral subluxation can interfere with the message from the brain to the organ. The organ may still make some of the chemical, but can you perform best with "some of the chemical?"

Get all of the chemical by removing the interference so you can compete on your playing field like my daughter does on hers. Your "game" is just as important!!

Use this newsletter as a coupon and for \$40.00 you can get a consultation, examination, and x- rays (if needed) and a report of findings. Expires: November 30,2013.