

Want Energy?

Get Chiropractic

By Carlotta Holton



If you don't have the energy you used to, don't blame it on the aging process. If at the end of the day – or for that matter any time of the day – you feel as though your get-up-and-go has already gone, consider this: maybe you're out of alignment.

How important is that? Your 24 vertebrae, sacrum, hips and pelvis need proper alignment in order to make efficient use of your energy. When chiropractors correct a mechanical distortion in your body – a subluxation - with a spine adjustment, nerve system energy is normalized. In effect, chiropractic care heals the span between your physical body and your energy body so that they can communicate better with one another. In this way, harmony is restored to the body and mind and you've got the energy you need!

HOW IT WORKS

The vital energy that runs your body comes from the brain, travels over the nerves, and gives vitality and vigor to your body. Even if you maintain proper nutrition and exercise, if you've got a subluxation, your energy can still be zapped. It stands to reason, that if that energy is interfered with, your body will not work at its fullest potential.

GO WITH THE FLOW

The concept of renewed or recaptured energy is inherent in the chiropractic philosophy. **"The point of chiropractic is to allow energy flow; to allow the body to do what it is supposed to do,"** says Dr. Sandy Giacobbe, Ascenza Wellness Center, Blairstown, NJ.

THE PAIN GAME

In the fast-paced world we live in, it's not surprising that our energy is depleted in a variety of ways and for a number of different reasons. While most people head to a chiropractor's office for a particular injury or pain, they are often surprised at the fact that such a problem is also responsible for

their energy level dropping.

Pain is also at the root of energy loss. Dr. Misty Gargan, Summit Family Chiropractic, Lynwood, WA says she sees patients come in with such a high degree of pain that they cannot get comfortable. "They can't sleep because of the pain and lose even more energy. At night is when the body regenerates, but it can't do that if it's in pain."

The pain and energy drain is almost like a vicious cycle. With chiropractic the cycle can be eased. Gargan notes that the body expends even more energy dealing with pain. **"I've seen patients in pain come in and with chiropractic care, blossom with new energy. Now they join clubs, try activities they put off because they had no energy and even change jobs."**

THE STRESS FACTOR

It's not only physical injury or accident that can steal away the body's vigor. Emotional and psychological stress can take its toll and knock some of the oomph out of your body. "Stress greatly inhibits the sympathetic nervous system," says Gargan. "When you are so stressed it's hard to feel relaxed so the body can recover from injuries."

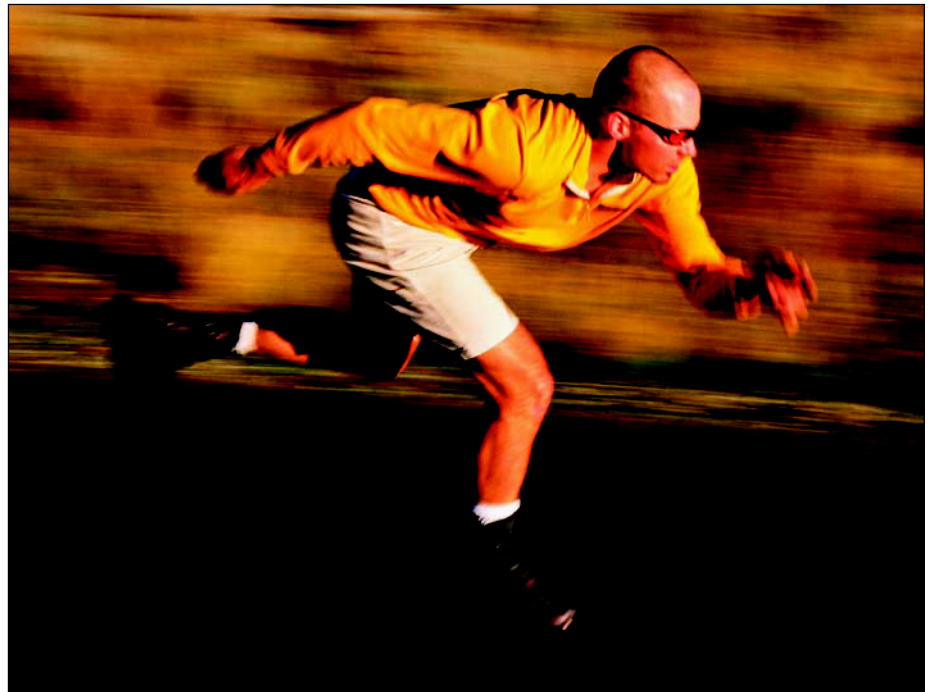
PEAK PERFORMANCE

Dr. Randall Herring has worked with his local high school football team for 20 years. The owner of Herring Chiropractic, Tallassee, AL, says Friday nights before the games he spends time in the locker room with the team giving adjustments as a preventative tool against injury and to increase their athletic performance.

"I am a firm believer if nerve interference is corrected then muscle function and organ function is enhanced," says Herring. "Kids on defense get repetitive motion injuries and with adjustments it helps prevent micro traumas."

THE PROS KNOW

In his practice, Herring sees a lot of



power lifters and body builders. "When their spinal column and neuro-musculoskeletal systems are in alliance it enhances their performance. Chiropractic is an integral part of helping the body achieve that level of success."

Herring is quick to point out that the energy boost from adjustments is not just

the body is able to heal itself and they leave with more than they expected. Their body operates on a whole new level."

Dr. Rick Allen, Cascade Wellness Clinic, Portland, OR runs regular energy clinics. "You use more energy operating with an inefficient body," he says. "That can mean pain, weakness, lack of energy, lowered resistance to disease and

"You use more energy operating with an inefficient body. That can mean pain, weakness, lack of energy, lowered resistance to disease and ultimately sickness. Chiropractic adjustment improves the nervous system communication to the body, making it more efficient, thus giving you more energy to live your life." Dr. Rick Allen, Cascade Wellness Clinic, Portland, OR.

for teen athletes or competitive professionals, though he acknowledges they are the first to take advantage of chiropractic treatment. "I have middle aged golfers and joggers who come in for support and maintenance because they want to keep that energy level."

UNEXPECTED BENEFITS

Often patients come into Giacobbe's office for a particular ailment. **"Throughout treatment they realize that by restoring the body's normal flow of energy**

ultimately sickness. Chiropractic adjustment improves the nervous system communication to the body, making it more efficient, thus giving you more energy to live your life."

KEEP IT GOING

Feeling good is addictive. The way to keep feeling healthy is to maintain regular chiropractic visits. **"Once the energy in the body is restored ongoing care is important to keeping it that way,"** says Herring.