



# Movement and Health: Chiropractic Explained



**1. Sufficient full range of motion is essential for spinal health and spine-related quality of life.**

**2. Healthy spinal motion is essential for overall health and quality of life.**





## Is Loss of Healthy Spinal Motion Common?

**Yes!** Lack of full range spinal motion and general sedentary behavior is pandemic in the industrialized world.

Do you know of anyone who has not sat with poor posture in a school desk, at a computer, or in front of the T.V. during their formative childhood years and then for most of their adult life?

The average person sits for 32 years of their lives. Sitting to your spine is like sugar to your teeth!





## Vertebral Subluxation Complex causes an adverse change in body-brain-body nerve message flow.

Scientific evidence indicates that this altered body-mind-body nerve message flow adversely affects the sensory-motor areas of the brain that determine neuromusculoskeletal function and areas that influence moods, learning, and hormones. It can also stimulate stress centers in the brain that can result in changes in autonomic state toward sympathetic dominance or stress dominance that can lead to chronic decreases in health and quality of life.

Vertebral subluxation complex represents a **stress load** or **allostatic load** on the body and brain.





## Does Vertebral Subluxation Complex Result in a Loss of Healthy Function and Quality of Life?

**Yes!**

The loss of healthy motion, structural degeneration, inflammation and corresponding reductions in altered body-brain-body nerve messages associated with vertebral subluxation cause an inevitable loss of function and physical and psychological quality of life.

It is an indisputable scientific fact and common sense that if you reduce the health of your spine you reduce your overall physical and psychological health.

