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Powers & Jans Centre

The Experts on Chiropractic Care:®



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Ask The Experts



on
Chiropractic
Care

Dr. Crystal Schmaltz

It is now generally accepted that oxidative stress metabolically generating free radicals is how we age and develop disease. Oxidative stress is the damage that occurs when free radicals outnumber the body's antioxidants. This oxidation damages all body cell components: proteins, lipids and DNA.

Oxidative stress plays a role in a whole host of diseases and disorders including heart disease, arthritis, diabetes and many others.

But... In 2005 a study published in the Journal of Vertebral Subluxation (JVSR) found evidence that **chiropractic care can reduce oxidative stress in the body.**

Most people associate chiropractic with pain management, however, it truly operates by removing block-

Chiropractic: The Fountain of Youth?!

ages to the body's natural health and healing abilities. This includes removing pressure from nerves that relay signals from the brain to the organs and systems of the body. In fact, without good neuro-mechanics, the brain atrophies! In a Medical Times journal in 1921 Dr. Henry Winsor noted that "the disease appears to precede old age and to cause it. The spine becomes stiff first and old age follows."

Another anti-aging marker is a substance known as thiol. Serum levels of thiols reflect DNA's capacity to repair itself and can be used to measure aging and disease status.

In a 2003 study published in the Journal of Anti Aging Medicine, the scientists found low serum thiol levels in people with nine different categories of human disease and disorder.

The study published in JVSR used 76 participants: one group received short-term chiropractic care; a second group received long-term chiropractic care; and the third group received no chiropractic care. Of the three groups studied, the one group who received chiropractic care for 2

or more years had higher serum thiol levels and **some had serum thiol levels higher than what is associated with normal wellness.**

All through our lives we experience physical, emotional, and chemical stress. These stresses affect the

function of the nervous system which can affect oxidative stress and DNA repair on a cellular level. Chiropractic care can improve the ability of the body to adapt to stresses, and is an important part in your wellness care. Come see how chiropractic can help you feel and look younger!



**Powers & Jans
Centre
welcomes
Dr. Yoon Han
to our team of
Chiropractic
Experts®**

**to schedule an appointment with
Dr. Han call 403-529-9069**