

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Taylor



Dr. April Ruzyski



The Big White House on 6th St. just off Kingsway  
737 - 6th Street SE

Ph: (403) 529-9069



Ask The  
**Experts®**

on Chiropractic Care

**Dr. Wallace Jans**

**YOU'RE AMAZING!**

**You are truly amazing! Did you know that?**

Although your new outfit or hairdo may be spectacular, I'm talking about how amazing you are on the inside. What you see when you look in the mirror is a totally unique combination of close to 100 trillion cells (that's 100,000,000,000,000) that are all working together to make you special. Each of those cells is a complex chemical reactor with thousands of processes occurring every second. By some estimates there are  $8.64 \times 10^{26}$  chemical reactions occurring in your body everyday. It's an understatement to say that there's a whole lot goin' on in you!

All this is happening without any conscious effort at all on your part. You breath, you digest, you grow, you heal; all complex processes that involve countless chemical reactions. Vitamins, minerals, proteins, fats, carbohydrates, and a vast array of compounds are constantly being broken down to build you up and fuel your life. The complexity of what happens in your body everyday makes the most advanced computers look like child's toys.

While we understand most of the individual processes that occur in the body, how everything works together to make each person a unique individual is beyond our comprehension. Your body knows exactly what needs to happen at exactly the time it needs to happen for you to be who you are. It heals every cut, grows every hair, develops every thought, and creates every smile. You are the sum of all those chemical reactions. Amazing isn't it?

Do you think that the innate intelligence that coordinates all these reactions could also know how to keep you healthy? It surely can! All it needs is the proper tools and building blocks and it will

do the rest. Fresh air, clean water, good nutrition, proper exercise, rest, and controlled stress (physical, mental, and emotional) will provide your body with the elements to be healthy. This is the basis of a healthy chiropractic lifestyle. Chiropractic works with the body's natural systems to promote health. Chiropractic adjustments assure proper functioning of the nervous system; the master control system. While a chiropractic lifestyle supports the natural functions of the body.

Are you marveling at how amazing you are? You should be. Let us help your astonishing body continue to be amazing.

**Be the best you  
can be with  
CHIROPRACTIC CARE**



**Call  
403-529-9069  
today for a FREE  
consultation**

[www.powers-jans.com](http://www.powers-jans.com)