

Powers & Jans Centre

The Experts® on Chiropractic Care:



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The Experts®
you need to know
on Chiropractic Care

Dr. Wallace Jans

SIMPLE

Most of us seem to have a propensity to make simple things more difficult than they need to be. We also have a tendency to look for complex solutions when simple ones are often superior. It is a "more is better" mind set. In reality less is frequently the better solution. It pays to remind ourselves of the K.I.S.S. principle – Keep It Simple Stupid. With all the advanced technology constantly around us, this concept can easily be lost.

Even though the human body is incredibly complex, simple things can have a profound effect on it. For example, a good night's sleep can restore normal brain function. A plain glass of water can be life giving in the desert heat. A hearty, belly laugh can change a person's mood and even improve their immune function. A pebble in a shoe can totally distort a person's posture. A faint, annoying noise can give you a headache. You can probably think of a thousand other simple, little things that can greatly

affect a person positively or negatively.

A Vertebral Subluxation is a simple thing that can significantly impact the function of the body. A subluxation is a minor misalignment or loss of motion of the joints of the spine which results in muscle imbalance and adversely affects the nervous system. The result can be localized pain and dysfunction or pain & dysfunction anywhere the irritated nerves travel. A simple vertebral subluxation can greatly affect not only a person's comfort but also their ability to do the things in life they need and want to do.

A chiropractic adjustment is also a simple thing. It is a quick, light force applied to the area or areas of the spine which are misaligned and not moving properly. Then, as spinal function is restored, the surrounding tissues heal and the body as a whole returns to normal function. Because of the nature of the tissues involved, repeated adjustments are usually necessary to obtain the best results. The problems caused by Vertebral Subluxations (back pain, neck pain, headaches, numbness in the arms, tingling in legs or other concerns) resolve as spinal function is restored.

Chiropractic at its core is not complex. Its power lies in its simplicity. Chiropractic is a simple, safe and effective solution that millions of Canadians rely on

to keep their spines and nervous systems functioning. Can chiropractic help you? Call 403-529-9069 today for a free consultation.

Can Chiropractic help you?



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