

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 Ruzycki    Dr. Sheldon Chemiak



Ask The  
**Experts**®  
on Chiropractic Care

**Dr. Sheldon Chemiak**

the hormone adrenaline. Adrenaline rushes blood to your heart and muscles. Great news! You are going to need this extra blood and oxygen to either fight like Ali or run like Usain Bolt. You only have so much blood. In this situation, your immune, digestive and reproductive systems lose blood. Great news! At that moment, you should not care about making babies or eating pizza!

In September, we all get back to our regular schedules with work and school. Getting checked by a chiropractor can help you start on the right foot this season. Give us a call at 403-529-9069.

## Power Of The Chiropractic Adjustment

Patients often ask what it is that a chiropractic adjustment is doing to them. Through education and clinical experience, there are various ideas on what is happening during the adjustment. One idea is that when the spine is out of alignment, nerve pressure occurs at that particular site. Upon adjustment, the spine realigns, taking pressure off the nerves, restoring proper nerve function. The site the nerves travel to, whether it be a muscle or organ, will function better. This idea has merit, but research is proving that the chiropractic adjustment is doing much more than that.

So short term, your body's reaction to stress is a great thing. But what if these stressors don't go away? How long does the stress last when a person is in a bad marriage, loses a child, in the vise of addiction, or even sits at a desk all day. There is a point at which your body can no longer maintain balance. A vicious cycle occurs. The brain receives the stressor signal, then the brain sends out the stress hormones, adrenaline and cortisol, to the body. If the body remains stressed, the cycle continues. The Stress Response. This is how disease and illness are created.

Research is showing that the chiropractic adjustment positively affects the brain by breaking this cycle. Chiropractors are experts at locating and correcting interference in the spine and nervous system. By taking pressure off the nervous system, through the adjustment, the brain begins to receive positive information. The brain now sends the right hormones to the body, restoring balance. Once this negative cycle is broken, the person can effectively deal with stressors. Independent medical research has shown that adjusting the spine changes brain function.

## CHIROPRACTIC ADJUSTMENTS FOR YOUR BRAIN



**CALL 529-9069 TODAY FOR  
A FREE CONSULTATION**



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