



## GET ADJUSTED FOR THE HEALTH OF IT



### Living to be Healthy, Not to Treat Disease

Eating a healthy diet and exercising properly are best used in a non-therapeutic manner. This means that you choose to engage in these activities on a regular ongoing basis, not to treat disease, but because it's what you do if you want to be as healthy as possible. Imagine two people:



One is motivated to stay active and listen to their body's needs.



The other feels their body's aches and pains and seeks to treat those.

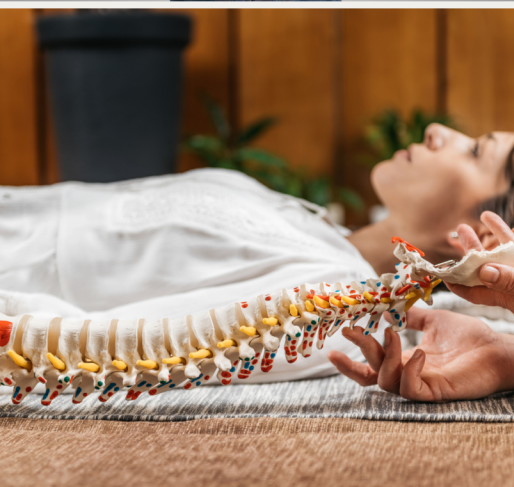
Guess which person is going to have a better overall quality of life and better health? You got it. The person that routinely partakes in healthy habits will always have a better quality of life and be healthier than people who live therapeutically and only treat symptoms.

**"Giving your body the nutrition it needs is always a benefit."**

Embracing a proactive approach to health enhances well-being, and ensures a sustainable, vibrant lifestyle. Regular engagement in these positive habits becomes a foundation rather than just a reactive response to immediate concerns.

### Optimal Well-being Through Chiropractic

In the pursuit of well-being, understanding the fundamental connection between chiropractic adjustments and optimal body functioning is paramount. Whether thriving in excellent health or navigating challenges, providing our bodies with essential nutrition and engaging in proper maintenance is a universal foundation for vitality and a more fulfilling life.



## Routine Spine Checks Ensure Wellness

Your spine is under constant unavoidable stresses that cause it to move out of alignment. When this happens the vertebra can subluxate (misalign) and the life from your brain can get pinched off. This is why getting your spine checked on a routine basis is best if you want your body to function at its best all of the time!

Chiropractic is no different than exercising or eating well. People who use chiropractic only as a therapy can NEVER enjoy optimal health. Here's what I mean. The life in your brain uses your spinal cord and nerves to run and control your body. When 100% of the life in your brain reaches your body can you even start to think about having 100% health.

**Answer these questions honestly and make your decision on how you want to live:**



- How much of the life in your brain do you want in your body? What if you feel great? What if you feel horrible?
- How long/often do you want that life in your body?

I hope for your sake you answered 100%, at all times and forever.

If that's what you want, then you can't use chiropractic only as a therapy (getting adjusted only when you hurt). You are always better off when all of the life in your brain reaches your body.

Embrace chiropractic care as a proactive measure, ensuring the seamless flow of life from your brain to your body, promoting enduring health and vitality. Just as consistent exercise and a balanced diet are essential for sustained well-being, regular chiropractic adjustments serve as a cornerstone for optimal health. By incorporating chiropractic into your routine, you prioritize the alignment of your spine, allowing the uninterrupted transmission of life from your brain to every part of your body.

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