

## CHIROPRACTIC IMPROVES ALL HUMAN PERFORMANCE



### Understanding the Connection: How Does a Healthy Nervous System Improve Overall Function?

Many individuals wonder about the mechanisms through which a healthy nervous system enhances overall body function. The answer lies in understanding the intricate relationship between the nervous system, body chemistry, and physiological processes.

### The Role of Body Chemistry in Human Physiology

Every physiological process in the human body is governed by body chemistry. From cellular function to organ system regulation, body chemistry serves as the foundation for all bodily activities. Maintaining optimal body chemistry is crucial for ensuring smooth and efficient physiological processes.

#### Glands: The Controllers of Body Chemistry

The endocrine and exocrine glands play a pivotal role in regulating body chemistry. These glands secrete hormones and enzymes that influence various physiological functions, including metabolism, growth, reproduction, and immune response. For the body to function optimally, the endocrine and exocrine glands must maintain a delicate balance, working in harmony to support overall health and well-being.

### Optimizing the Nervous System

At its core, chiropractic care is centered around enhancing the functionality of the nervous system. A healthy nervous system is essential for optimal performance in every aspect of human life. When your nervous system operates at its best, it not only improves physical health but also enhances cognitive function, emotional well-being, and quality of life. The ripple effect of a healthy nervous system extends far beyond the physical body, influencing every facet of human performance.

## The Autonomic Nervous System: Master Regulator of Glandular Function

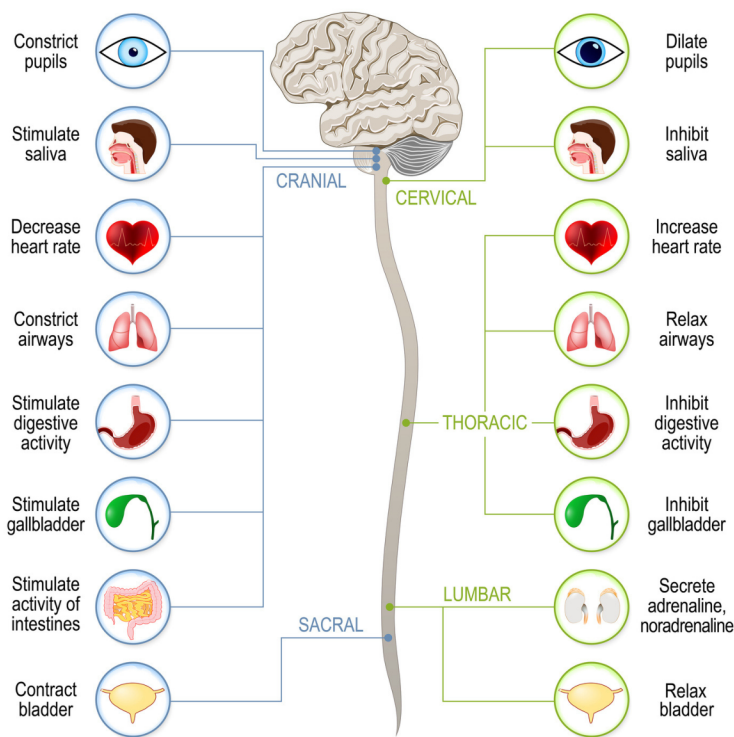
The autonomic nervous system serves as the control center for the body's glands, orchestrating their activities to maintain homeostasis. Comprising of the sympathetic and parasympathetic systems, the autonomic nervous system operates unconsciously, regulating vital functions such as heart rate, digestion, respiratory rate, and glandular secretion.

## Chiropractic: Influencing the Autonomic Nervous System for Better Health

Chiropractic adjustments exert a profound influence on the autonomic nervous system, helping to restore balance and enhance its function. By addressing spinal misalignments (subluxations) that cause nerve interference, chiropractic care promotes optimal nerve function, thereby improving glandular activity, body chemistry, and overall physiological performance.

### PARASYMPATHETIC nervous system

### SYMPATHETIC nervous system



### Protecting Nerve Integrity: The Importance of Proper Spinal Alignment

All nerves are housed within protective bone structures to safeguard their integrity and function. However, when a bone becomes misaligned (subluxated), it can exert pressure on the adjacent nerves, leading to nerve interference. This interference disrupts the normal flow of nerve impulses, compromising glandular function, body chemistry, and overall bodily performance.

The benefits of chiropractic care extend far beyond pain relief and musculoskeletal health. By optimizing the function of the nervous system, chiropractic adjustments contribute to improved glandular activity, balanced body chemistry, and enhanced overall human performance. Whether you're an athlete striving for peak physical performance, a professional aiming for optimal cognitive function, or someone seeking to improve their quality of life, chiropractic care offers a holistic approach to wellness that addresses the root cause of health issues and promotes long-lasting vitality.

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