



# ZENITH

CHIROPRACTIC

## Your Monthly News & Updates

Thank you for your time and attention. My goal is to provide you with resources, new information, and practical insights on how to enhance your health. Enjoy and please feel free to pass along!

Yours in health,  
Dr. John Stenberg  
Zenith Chiropractic

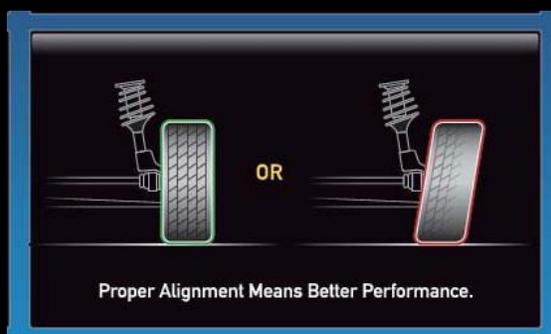


*Check out Zenith Chiropractic on social media*

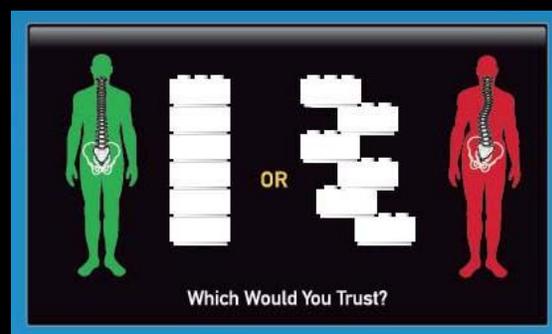
***Countdown to Baby Stenberg!***

## Feature Focus: *Structural Analysis*

Patients tell me all of the time, "I've never had an evaluation this thorough." One of the distinguishing features of NeuroStructural Chiropractic is the comprehensive analysis that occurs before adjusting patients. One important piece of that process is a full Structural Analysis.



Consider a vehicle that is out of alignment - the tires wear unevenly, the



The human body also has a structural framework, and the same principles

steering wheel pulls to one side, and the steering components (ball joints, tie rods, suspension, etc.) begin to suffer wear and tear. These are known as "Secondary Conditions" or symptoms of the improper structural alignment.

If left unresolved, these issues will continue to progress resulting in decreased gas mileage, a less comfortable ride, and ultimately a vehicle that is unsafe and not functioning optimally.



apply to it's functional capacity. The foundation of the body's framework is the spine, which includes a number of segments. When these segments become unbalanced in relation to each other abnormal stresses and strains are produced throughout the body. Over time, just like the vehicle, a number of secondary conditions or symptoms are likely to develop. Whether it's an ache/pain, decreased energy, or functional problem such as brain fog - these issues will not resolve fully until the underlying structural cause is identified and improved upon.

Structural Analysis is a key element of a comprehensive NeuroStructural Analysis and involves measuring imbalance between the segments of the body.

Using several landmarks (ears, shoulders, hips) we can measure imbalance as subtle as .5 cm. These measurements provide the blueprint for correction and serve as a baseline for comparison over time.

I call this "the know-how and the show-how!"

**Recommend a Friend for a Complimentary Structural Analysis**



**BEHIND THE SCENES:** It was great to connect with colleagues from around the country and to learn about cutting edge research methods and results at the Adaptability Research Symposium on September 27-29 2018. From left to right: **Milan Modi** (future chiropractor), **Dr. Bryant Harris** (Annapolis, MD), **Dr. Cameron Bearder** (Lake Norman, NC), **Dr. Frederick Schurger** (Springfield, MO), yours truly - **Dr. John Stenberg** (Colorado Springs, CO).

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## Schedule Changes for October 2018:

- Thursday 10/11 - Friday 10/12 - CLOSED
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STAY CONNECTED

