



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. Each month is new and contains information worth sharing.

Yours in health,
Dr. John Stenberg
Zenith Chiropractic



Check out Zenith Chiropractic on social media

The TRUTH About Chiropractic...

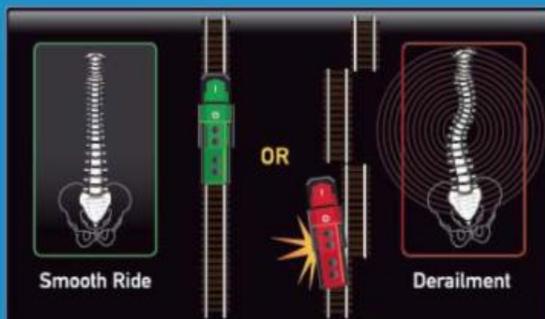
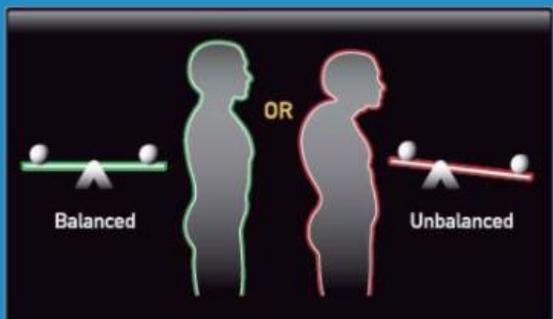
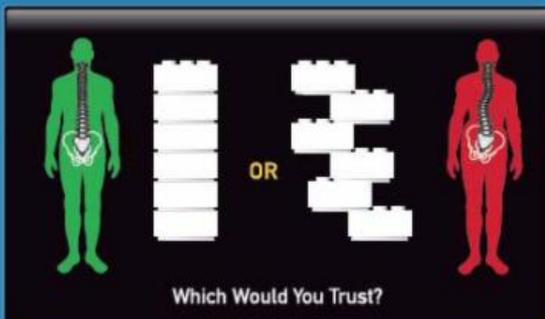
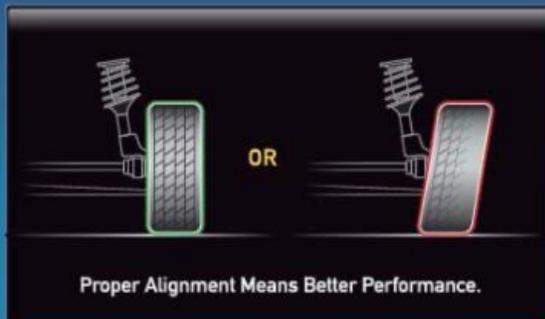
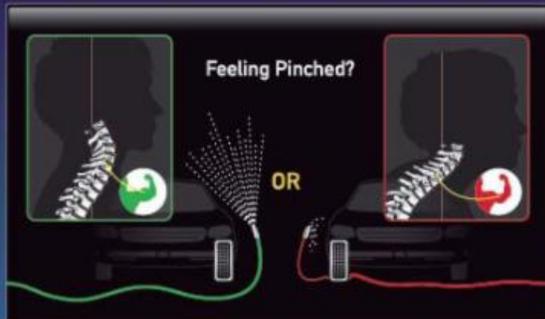
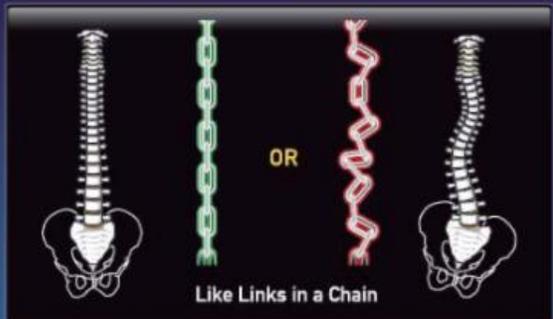
Most people seek out chiropractic care to improve upon a health challenge, alleviate an ache or a pain, or just to feel and function better. These are all positive efforts and chiropractic care is very often successful in achieving those goals. What I'd like to suggest is that chiropractic offers more than these physical benefits - although we certainly want to achieve those benefits as well.

1. **Brain Health:** A growing body of evidence is highlighting the relationship between spinal health and brain health. In fact, abnormal spinal alignment and mechanics has been shown to affect the "plumbing system" of the brain (cerebrospinal fluid dynamics). This means that certain spinal conditions may predispose neurodegenerative disorders such as MS, Parkinson's Alzheimer's, and dementia.
2. **Injury Prevention:** As the foundation of the body, an imbalanced spine is more likely to result in more serious injuries in traumatic events such as car accidents, sports collisions, falls, or other unexpected jarring motions. By identifying, reducing, and fortifying any imbalances in your foundation, you take a proactive approach, rather than having to react to a more serious injury later on.
3. **Neurological Optimization:** This exemplifies the best of what chiropractic care has to offer, in my opinion. The nervous system (brain, spinal cord, nerves) is the "Master Control Center" of the body - it runs the whole show. Important

functions that are coordinated by the nervous system include; healing, growth, hormone regulation, immune system strength, body balance/coordination, and muscular performance. Abnormal spinal stress impairs the performance of the nervous system, ultimately producing a lower level of body regulation.

Ultimately, NeuroStructural Chiropractic care encompasses additional benefits beyond secondary condition management (a.k.a. pain relief). By harnessing these additional effects we can tap into additional health potential and optimization that is present and ready to be unleashed!

IT'S EASY TO UNDERSTAND



Schedule Changes for September 2018:

- **Monday September 10** - CLOSED
 - **Wednesday September 19** - CLOSED
 - **Friday September 28** - CLOSED, Dr. John will be in Chicago for continuing education
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STAY CONNECTED

