

If You're Healthy, Choose Chiropractic. Here's Why

If you're interested in maintaining the health of your spine and body structure at its best, chiropractic care is for you. If you realise that looking after your spine today can keep you strong, active, and resilient into the future, then chiropractic care is for you. If you would like to feel taller, straighter and more confident, while having the inner ease that spinal health brings to the nervous system, then chiropractic care is for you.

Here's the chiropractic secret: a chiropractic adjustment applied to the spine does much more than encourage optimum health in that spot. The stimulation of the adjustment flashes on important nerve receptors. For instance, the joints on the right side of your spine talk to the left side of your brain. The joints on the left side talk to the right side of the brain. When adjusted, the brain gets that joint signalling, encouraging it to talk back to the body in ways



Dr Tat Loo: Chiropractor

which support healthy function, movement and control. It's two-way communication: the stuff of life.

The brain is to your body what the captain is to a ship. Like a captain, the brain is smart and has good judgement. Its task is the welfare of the ship (your body). And even if you come across a storm on the

sea of life, the captain is going to work hard to keep things on an even keel. However, the brain – like the captain of a ship – can't just give out random orders as that would lead to unhealthy responses. The brain must know exactly what is going on, so it can make the right calls. You can help out by ensuring that it is receiving accurate, quality information from a well adjusted body structure and spine.

Your chiropractor can determine areas of your body structure which are starting to stress well before significant problems develop. Chiropractic adjustments then fine tune your body structure and nervous system to give you maximum health. When the captain and her ship are both in top form, they talk more closely with each another and everything runs more smoothly: that's the power of chiropractic care.

This content reflects personal opinions of Dr Tat Loo, a Dunedin-based chiropractor.

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