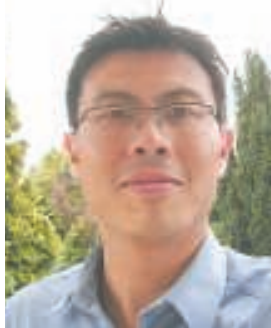


Petrol for the Human Body

When you fill your car up with petrol, you are putting energy into its body. Filling up means the car has energy to travel several hundred more kilometres. When we eat food, we might think that we are doing similar for our bodies. The nutrition table on the packet says: one serving equals X kilojoules or calories of energy. However, inefficiencies or breakdowns in your body system can stop you from productively using that energy.

Imagine you drive a petrol car and one day you put diesel in it. After all, diesel contains more usable energy than petrol per litre — great, you might think! But, your petrol car is going to die on diesel because it is an unsuitable fuel for it. For people, we can say that certain styles or balances of food may seem to be equivalent when you look at the nutritional information, but actually some will suit your unique metabolism better than others. According to traditional



Dr Tat Loo: Chiropractor

Chinese medicine, the same food item raw, cooked, hot or cold has different effects on the body. Be aware that real food contains hundreds of useful components: nutrition panels contain info on only a tiny fraction of them.

Let's say that you've put the right kind of fuel into your car. That's still not enough: a car has a lot of different parts which depend on each other

for best function: imagine if your fuel line was blocked, battery flat, fuses blown, bearings worn, and your wheel alignment shot. Is your car going to be able to fully use the fuel you have put into it? No! Pumping the tank more full, even with the highest grade fuel, is not going to solve your wheel-alignment problems. Unless other systems, like the body structure, are working well you are going to struggle despite filling up with premium fuel.

The purpose of chiropractic care is to help sort out the body structure and nerve-signalling inefficiencies stopping you from working at your best. The chiropractor focuses on the deep structures of the body — the spine, the brain-signalling mechanisms of the joints, and the nerves — in order to ensure that body-structure inefficiencies are not compromising your daily function. Chiropractic care is about body structure wellbeing.

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

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