

A Powerful Combination: Nutrition with Chiropractic

Many chronic disease conditions arising from nutritional deficiencies do not respond to nutritional therapy alone. But when a patient gets chiropractic treatments and also follows a corrective nutritional regimen, results are often astounding. Here's why:

Each of the body's trillions of cells is a microscopic factory responsible for compounding chemicals essential for the body's life and health. In all, thousands of different chemicals are manufactured within the body and delivered to other cells as needed.

In order to function as chemical factories, all the different kinds of cells, including the highly-specialized nerve cells, require a balanced supply of raw materials: carbohydrates, fats, proteins, vitamins, and minerals. Those are the nutrients in foods and food supplements.

When cells run short of certain nutrients, they are forced to slow down in their jobs of making chemicals and a negative chain reaction begins, causing the body to slowly slide into chronic diseases.

When nutritional intake is a part of the problem in deficiency, a dietary regimen and probably a detailed food supplement program must be initiated to correct the problem.

TWO MAIN FACTORS

Nutritional diseases are due to either or both of two factors:

- (1) an inadequate or imbalanced intake of nutrients.
- (2) the body's inability to assimilate or utilize the nutrients taken in.

CAN'T EAT ENOUGH

You might think the first factor could be solved by merely eating a well-balanced diet. But sometimes improper growing, harvesting, handling, shipping, storing, processing, and preparing food greatly diminishes its nutritional potency. So a person may not be able to eat enough to correct nutritional deficiencies of

long standing, or deficiencies caused by the side effects of prescription drugs, street drugs, alcohol, smoking, surgical operations, emotional imbalance and stress, and malnutrition itself.

ALTERED NERVE FUNCTION

The second factor in many cases is a diminished ability of the body to assimilate, absorb, and utilize nutrients, even when

intake is sufficient. Frequently this is caused by an altered nerve supply due to misaligned vertebrae—which alters digestion and assimilation and leads to malnutrition. Even the nerve cells themselves can become undernourished. In turn, this further impairs nerve function in digestion and assimilation, which further starves the nerves and further affects their function even more so. It's a vicious circle eroding the body's normal nutritional efficiency.

CHIROPRACTIC NUTRITIONAL ADVICE AND TREATMENT

Fortunately, we can turn to the chiropractor for state-of-the-art nutritional advice. Chiropractic doctors have long enjoyed expertise in nutrition, largely due to intensive study of nutrition in college and frequent seminars. And, of course, chiropractors specialize in correcting nerve interference brought on by misaligned spinal bones. That's why a combination

of chiropractic nutritional counseling and chiropractic adjustments and care often work wonders in restoring health.

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