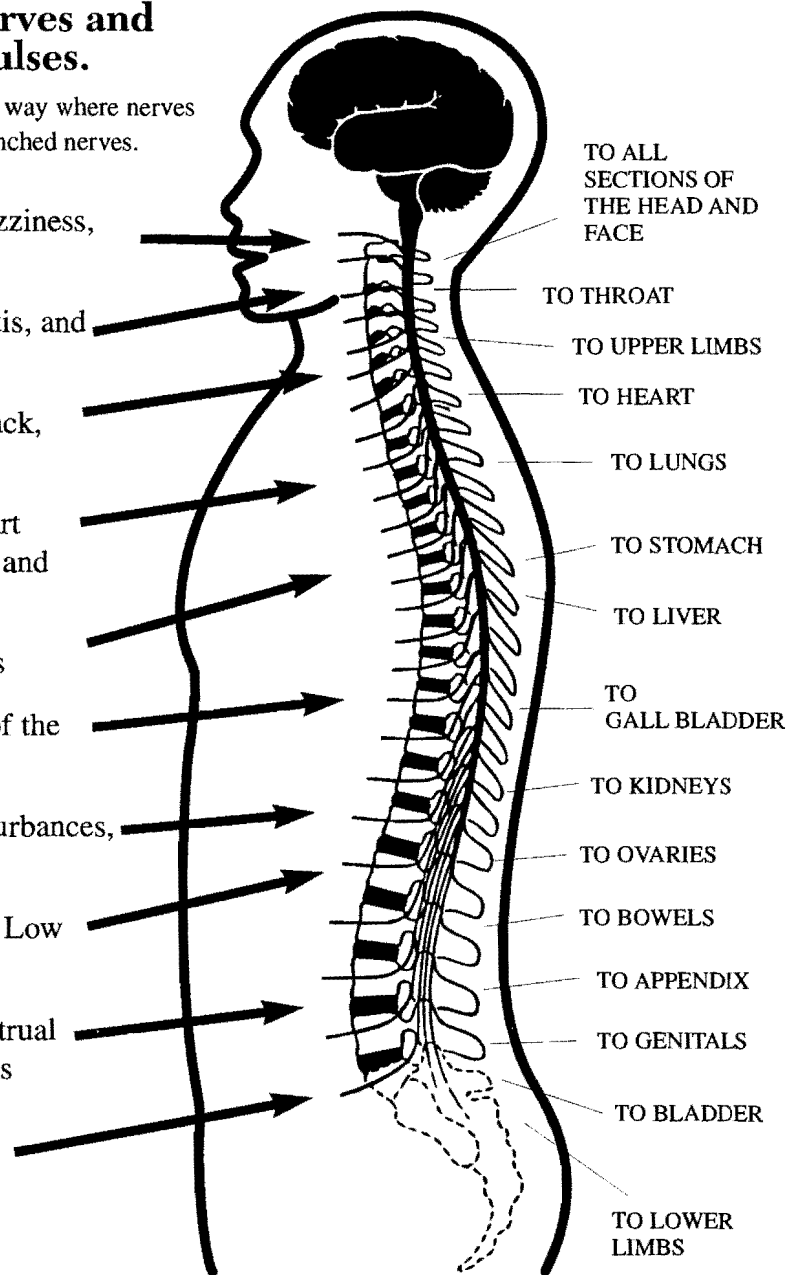


# How Pinched Nerves Affect Your Health

**Misaligned vertebrae called "subluxations" pinch nerves and alter normal nerve impulses.**

This drawing illustrates in a very general way where nerves go and the health problems created by pinched nerves.

1. Headaches, Nervousness, Dizziness, and Tension
2. Neck Pain, Torticollis, Bursitis, and Arm Pains
3. Muscular Aches of Upper Back, Shoulder, and Arm
4. Chest Pains, Functional Heart Distress, Difficult Breathing, and Asthma
5. Stomach and Liver Disorders
6. Shingles, and Disturbances of the Upper Bowels
7. Kidney Disorders, Skin Disturbances, and Mid-Backache
8. Slipped Disc, Lumbago, and Low Back Pains
9. Sciatica, Constipation, Menstrual Problems and Sacroiliac Pains
10. Bladder Disturbances, Leg Cramps, and Colon Disorders



## WHAT CAUSES SPINAL SUBLUXATIONS?

### INJURIES

- Home Injuries
- Sports Injuries
- Work Injuries
- Auto Injuries
- Overuse Injuries
- Childhood Injuries
- Falls
- Birth Injuries

### OTHER CAUSES

- Weak Ligaments
- Muscle Spasms
- Congenital Defects
- Unequal Leg Length
- Spinal Imbalance
- Emotional Tension
- Mental Strain
- Fatigue

## WHAT TO DO ABOUT SUBLUXATIONS? SEE YOUR CHIROPRACTIC DOCTOR!

Spinal subluxations must be realigned so normal nerve impulses can resume. It is the chiropractic doctor's responsibility to realign vertebrae into their correct positions. These treatments are called chiropractic adjustments.

Many chiropractic doctors utilize other therapies as well. Such therapies tend to speed up the healing process and improve spinal flexibility, strength, and stability.

Once the vertebrae are realigned and the associated tissue derangements corrected, normal nerve impulses resume and direct the body's own healing powers.

The human body can often rid itself of pain and disease when normal nerve function is restored through chiropractic care.