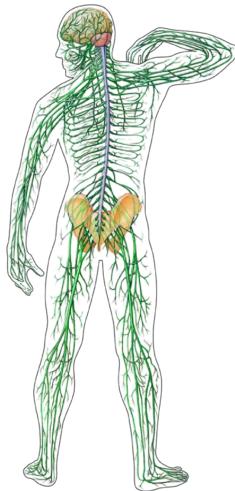


## Nervous System

Mental impulses travel from the brain, down the spinal cord, over nerves, to organs at up to 200 mph. These vital messages coordinate all function in the body. Any damage to the brain or spinal cord has far-reaching consequences to health.



### Systems regulated by the nervous system:

Immune, Digestive, Cardiovascular (heart and blood vessels), Respiration (breathing), Endocrine (hormones including thyroid), Lymphatic, Muscular, Urinary, Skeletal, and Reproductive.

## Vertebral Subluxation

24 vertebrae protect the spinal cord. If one of these becomes locked out of its normal position, it creates a pressure and interference to the nerves of the spinal cord. This condition, the vertebral subluxation, rarely gives local pain.



**Subluxations can exist for decades (or a lifetime)– causing a loss of general health and contributing to a multitude of health problems as well as spinal degeneration – without giving local pain or symptoms.** Often, individuals find that, when they receive chiropractic care, long-term health issues and general well-being improve. Early correction of subluxations maximizes lifetime health.

## Causes of Subluxations

Flips and falls of youth.



Car accidents, even minor.



Sports.



Bad posture.



The rough life of a toddler.



Birth.



Stress.



When an external invasive force is not successfully balanced by an internal resistive (adaptive) force, the result is injury to the body, and that injury may be a subluxation.



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**Gelardi**  
Chiropractic  
*creating the opportunity for your body to heal itself*

## Welcome to Chiropractic



For the most part, you are the creator of your own health. Knowingly or unknowingly, you make choices and take actions that build or lessen your health.

Your job is to do more than gather information and act; you must first question your very approach to health.

Are you trying to manage symptoms or are you giving your body, every day, the basic conditions it needs to be self sustaining and powerfully resilient?

Your health is the exact result of the conditions given to your body over time.

## Link Between Spine and Health

The spine's connection to health has been known as far back as 5,000 years ago in China and 3,000 years ago in Egypt. But, **why** the spine affects inner function and **what** goes wrong in the spine to reduce health were not known until the discovery of chiropractic in 1895 in Davenport, Iowa.



## What Is Chiropractic Care?

Your body's design for health depends on its organizing system—the Nervous System. “Clear” communication from your brain to the organs and systems of your body is critical for life and health.

Chiropractic care is centered on correcting one very serious violation to your nervous system—the vertebral subluxation (*misaligned spinal bone causing nerve interference*). With subluxations corrected, your body is returned to its natural design of self-regulation and self-healing!

Chiropractic is not adding to, or taking away, anything from the body. It is not stimulating, inhibiting, managing, or masking. With great precision, and minimal process (least invasiveness), the chiropractic adjustment removes an interference to the nervous system, restoring the body's ability to fully coordinate 50 trillion cells to work together to sustain life.

All of the healing seen through chiropractic care is the body's unfettered self-healing.

## Real Health—

### *Life is a Self-Sustaining System*

Your body is amazing! Could we ever expect science to coordinate 50 trillion cells? The point is: Healing comes from the inside-out\* and is the result of complex systems working *together* to sustain life.

Which of the following two individuals would you prefer to be? The first person has healthy function from the inside – out; his body is a self-sustaining system. The second person controls allergies, cholesterol and acid reflux with medication. Who do you think feels better in general? Which person is likely to sleep soundly, wake rested, be relaxed, clear-minded, energetic and comfortable? Outside-in micromanaging of the body is *never* a substitute for giving the body the right conditions to work properly on its own! There are no shortcuts to “real” health. Real health depends on right living.

\* (*Crisis care, or outside-in care, can be valuable, even life-saving. Yet, while crisis care can give the body time, or piece the body back together, ultimately, the body must do the healing and repair from the inside-out*).



## Accumulating Positive Survival Values

You build health, or not, every day. You can choose positive values: rest, good nutrition/whole food, exercise, etc. – or you can neglect

to give your body what it needs. Experts tell us that 50 – 80% of our health is the result of our lifestyle choices. Choosing to accumulate positive survival values *before* you are sick *is* your choice for health!

An ultimate positive survival value—perhaps the greatest foundation for inner ease—is a clear (unsubluxated) nervous system throughout your entire life.

## Spinal Compensations

When a subluxation exists, the entire spine compensates into a very specific postural response.

Because interference to the central nervous system undermines the body's ability to regulate its internal functions, the body uses *extreme effort* to correct or minimize subluxations. (Think of the effort your body makes to “spit” a splinter out of your hand. Now, imagine how much harder it might work to take pressure off the spinal cord). These corrective and adaptive efforts are comprised of muscular, joint and postural changes. It may take decades for these adaptive imbalances to cause symptoms. Some people can live their entire life not knowing their spine has a problem—a problem that is damaging the health of their body.

The more quickly and consistently subluxations are corrected, the easier it is for the spine to balance and the greater the return to health of the entire body.



## Analysis & Correction

The doctor of chiropractic analyzes the entire spine to determine if subluxations are present. Then, precision adjustments replace the vertebra to its correct alignment. From there, the spine is periodically monitored, and, only when the vertebra re-subluxates is another adjustment made.

A correction is a quick gentle pressure made with the doctor's hands on the subluxated vertebra. This office does not use methods that twist the spine.