



life
by **DESIGN**

Join the Drive to
ONE MILLION FAMILIES WORLDWIDE
Living Life By Design

power
by **DESIGN**

The True Meaning of Health

We've been lied to. We've been taught to believe that the absence of symptoms means health and the presence of symptoms means sickness. While it is true symptoms can sometimes tell us how sick we are, the lack of them can never give us information about how healthy we are.

Judging your health by your symptoms is not only unreliable; it is also dangerous.

The first sign of heart disease is often a fatal heart attack; the first sign of cancer is sudden weight loss or a palpable lump. The result is the vast proportion of our population is living symptom-free, yet very sick and unwell.

Are we to believe that disease is an entity that waits around for a healthy person to walk by and somehow invades their body, or is it that disease manifests as proper function (health) disappears? No different than darkness manifesting as light disappears. Darkness is the absence of light. Disease is the absence of health.

Health is a state in which all the cells of the body are working in harmony. The cells are interacting with each other, carrying out the processes for life, communicating primarily under the control of the brain and nerve system.

Even outside the body we discuss the principles of health in the same way. *"Our relationship is healthy, we communicate and work for the betterment of ourselves"*



and each other.” Or “The office environment is healthy, everyone strives to excel and appreciates each other’s role”.

Your cells have a drive towards health and life. The only time they move away is if we force them to adapt to a pathological environment, one that is not By Design.

Do not fall prey to the false notion that no symptoms means healthy. Symptoms, for the most part, are the final stages of malfunction, not the first. Using the lack of symptoms as criteria for judging your family’s health is like using the lack of debt as evidence for wealth or the lack of poor grades for the presence of brilliance.

The true meaning of health is that it’s already yours. Simply fulfill the design, remove the interference and live the life you deserve.

Your Body is a Self-Healing Organism

You might ask, *“How can it be that simple?”*

The answer lies in the fact that the body is a self-healing, self-regulating organism and, as such, has the ability to heal itself without the use of drugs and surgery. Contrary to what most believe, healing in this context does not mean “a symptom or condition disappearing.”

Healing is the constant re-creation of new cells every second of every day for our entire life until new cells can no longer be created. More importantly, it is the quality

of those newly created cells that will dictate the overall health and function of your body.

Interfere with what your body needs and your new cells, as well as your health, will be less than optimal. Give your body what it requires, and over time those new cells will build a healthier YOU.

Healing is a Process, Not an Event

The missing component to understanding this process is time. Unlike an injury, a trauma, a meal, or a training session, which are all events – healing is a process. In fact, think of your health not as a “problem” to solve, but instead as an ongoing “project” to work on.

By giving your body what it needs and restoring its function to 100%, every person has the potential to be optimally well, overcome health challenges, adapt to their environment and, in short, live a full, productive and happy life.

The Life By Design Chiropractic Method™ can help your body and everyone’s body, be at their best.

The Brain – Body Connection

If I met you on the street and asked a simple question, *“How important is your brain and nerve system to your health and life?”* the answer would always be – *“Vital!”*



Every single cell, tissue and organ in your body receives either a direct nerve supply or is under control of the central nerve system via chemical messengers produced by glands and other cells.

In short, every function within the body is regulated through the nerve system – sleep, energy, digestion, healing and repair, strength, stamina, reproduction, immune system function, concentration, focus, cognition, and millions more. What would happen if we interfere with this delicate and vital system?

Vertebral Subluxation

The central nerve system is so important that nature built armour around it – your skull and spinal column. However, even with this inborn protection, your nerve system can experience interference, injury or disturbance. We call this interference to your nerve system a **Vertebral Subluxation**.

The Causes of Subluxation

Subluxation occurs when stress exceeds the capacity of the body to handle stress.

This process can be likened to a circuit breaker, which functions to protect the house by shutting down the electrical network if too much current passes through it. If the circuit is left off, the function of anything requiring its power will be debilitated.

When individual or cumulative physical, chemical and emotional stresses overwhelm the body, one or more vertebral subluxations are created. If left uncorrected, the neurological disturbance and structural distortion will contribute to the deterioration of one's health, performance and potential.

Your Adaptability Determines Your Health

Ultimately, one major principle governs our ability to express health or moves us towards sickness and disease – adaptation.

The body's ability to adapt to its environment is the centerpiece of life and it's the nerve system that coordinates all the necessary changes, from raising or lowering blood pressure, altering body temperature, activating the immune system to contracting muscles and digesting food for energy.

If we can adapt to the level of stress in our lives, we continue to function at a peak level. If our adaptability decreases, stress begins to overwhelm us and we break down.

Most “experts” suggest we de-stress or manage our stress, but the real solution is to become more adaptable. By giving our body more of what it needs, including a quality nerve supply through the correction of vertebral subluxations, we increase our ability to adapt and successfully thrive in our environment.



The Global Effects of Subluxations On Your Body

Due to the fact that a vertebral subluxation is located at the spinal level, it's logical to assume the effects are isolated to the nerve pathways in proximity to the vertebra affected; but this couldn't be further from the truth.

While it is true that many of the effects of subluxation are local, it is also important to highlight that many of the profound effects occur globally.

The list of systems and functions impacted by nerve interference are as vast as the nerve system itself: some examples are the immune system, concentration, focus, cognition, blood sugar regulation, the cardiovascular system, reaction time, sleep, and reproduction...the list is almost endless!

How Do You Know If You Are Subluxated?

Although the basic foundation of the Brain - Body Connection makes complete sense, many people make the false assumption that they will know when and to what degree nerve interference is depleting their health, altering their performance and reducing their potential.

The truth is, the only way to know how well your spine and nerve system are functioning is to complete a series of tests that document objective measurements of interference and distortion.



Insert Chiropractic Here

Life By Design Chiropractic is not a therapy. It is a specific strategy to restore and maintain the integrity of the nerve system in EVERYONE, from infants, children, adults, pregnant moms, to athletes and seniors, so that entire communities are able to express life at a higher level.

Proper function of this delicate and important system establishes a base of quality communication upon which integration of the other Life By Design steps can be amplified.

Maximizing this ***Brain – Body Connection***, in addition to a health adding lifestyle, will ensure one moves towards **HEALTH, GROWTH** and the **FULL EXPRESSION OF LIFE**.

What is Your Full Potential?

The take-home message is that yes, vertebral subluxations are a result of our stressful lifestyles and have profound and debilitating effects on our overall health and well-being far beyond our ability to perceive.

Yet, instead of focusing on the health lost, deterioration created, energy decrease, immune system suppression and all the negative effects of nerve interference, we choose to focus on the untapped potential for health and vitality available for your body.



Imagine what you could do, how you could feel, how much energy you could have, how productive you could be, your quality of life and the potential impact on your children's lives, when Chiropractic is utilized to restore and maintain the integrity of the spine and nerve system.

What is your full potential? Let's find out!