



“What does Daylight Savings Time and a Chiropractic adjustment have in common?”

Both give you more LIGHT - Get it? OK, I can hear all the groaning..."you're really stretching it this time doc!" But in some way this statement is true. The primary purpose of Chiropractic is to locate and correct SUBLUXATIONS. When you break that word down into it's components, SUB - LUX - ATION you'll discover the following...

"SUB" - means less than or below

"LUX" - is latin for LIGHT and

"ATION" - is a state of being, or a condition

So the literal definition of Sub-lux-ation is "a state or condition of less **LIGHT**." When a Principled Chiropractor locates and corrects Subluxations, he or she is trying to release your Life Power or "LIGHT" so it can flow freely within you and illuminate every cell, tissue and organ of your body. Sickness and dis-ease is a result of "less light" flowing in your body. Getting adjusted increases light exposure, just like setting your clocks forward!

So the next time you get adjusted, visualize your internal healing "LIGHT" getting turning on. Your health and your Life is brighter because you're under regular chiropractic care.

PS - Right now, you're either on time or an hour late...lol

The
Weekly StickyTM Brought to you by.

Lark Chiropractic

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Notes: Who have you shared Chiropractic with lately? We are here for your family and friends and you too of course!

We look forward to seeing you soon...

Dr. Steve and Dr. Sharon