



adjust your lifestyle™

# Achieving Your Highest Possibility

## Don't Let Stress Get in Your Way!

Since the moment of your conception, you were a miracle! Two tiny cells created the blueprint for who you are today. Your body's Innate Intelligence differentiated these cells into highly specialized heart, lung or eye cells helping you to become a unique human being in the world.

This process was perfectly timed and orchestrated by your "Innate Intelligence" which knew exactly what you needed at exactly the right time to keep you growing and healthy. This Innate Intelligence remains within you until the last breath of life leaves your body!

This same intelligence that told your fingers and toes how to grow in perfect proportion to the rest of your body will work to keep your body as healthy as possible. As long as there is not interference with its communication to every cell, this Innate Intelligence knows the exact right amount of chemicals and enzymes to release, and when to release them, in order to keep your body functioning in perfect harmony.

What would happen if this intelligence, filled with vital life messages, could not reach the proper destination at the proper time? What if this interference blocked messages that helped your heart, lungs, liver or kidneys function properly? What if your sexual organs and hormonal system were blocked? How about your muscles? Do you think this would cause you to live your life at less than your highest potential? Of course it would!

In his book, *Quantum Healing*, Deepak Chopra, M.D. said, "All disease results from a disruption of the flow of intelligence." D.D. Palmer had similar findings when he discovered chiropractic back in 1895. He found that interference in the nervous system can affect the entire body.

Believe it or not, this is even true for the immune system. As early as 1993, scientists uncovered evidence of an anatomical connection between the nerve and immune system. Subsequently, they discovered that if these nerves were removed from the spleen or lymph nodes, "You virtually stopped the immune responses in their tracks." These same nerves are not only linked to your immune system but are the suppliers of communication to all of your body's muscles and vital organs.

Stress causes interference. Interference to this flow of intelligence and when it happens in the spine, it is called a vertebral subluxation. This spinal stress interferes with the transmission of nerve supply, and intelligence, as it passes from your brain to every cell and back again. Research has shown that stress shortens the telomeres, or caps, on the genes and speeds up the aging process.

Chiropractic adjustments remove this stress and restores your natural ability to heal and be healthy. Ask yourself what would be possible for you and your family if you lived your entire lifetime free from this stress and interference. When there is no interference, athletes perform better, artists are more creative, and people adapt better to daily stress enabling them to function better in the world.

Parents whose children are under chiropractic Lifestyle Care report that their kids get sick less frequently and need significantly less medication throughout their lives. Senior citizens who utilize chiropractic Lifestyle Care experienced a 15% lower admission rate to nursing homes.

What are the possibilities for you and your family? You deserve to find out. Don't let stress get in your way!

### Lark Chiropractic

125 E. Barstow Ave., Fresno, CA 93710

221-6234

[www.LarkChiropractic.com](http://www.LarkChiropractic.com)