



Your Nerve System is like the ultimate “sham-wow,” soaking up all the experiences, sensations and stresses you encounter every day. Like a sponge, it can only absorb so much before it becomes over-saturated and spills stress into your body. The result... PAIN, SICKNESS and WEAK PERFORMANCE!

The best thing you can do to prevent Nerve System Saturation is to get checked at the Chiropractor’s regularly and adjusted when necessary. Adjustments gently “wring out” accumulated tension in your Nerve System before it has a chance to build up and affect your health negatively.

If you’re feeling *super-soaked* from the stresses of life, put chiropractic on the top of your list. You’ll experience more energy, improved sleep and a better overall feeling of wellness if you do.

The
Weekly StickyTM Brought to you by.

Lark Chiropractic

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Notes: Is daily stress tearing you down?
A New Zealand study done a few years back
said that when you get adjusted it's like
pushing the "reboot key" on your computer.
Do you feel you need to "reboot" today?
Let's get you in and "turn on the power!"
Life is too short to feel less than your best.
Dr. Sharon