



Starting to Get Warm in the Pot?

(The Real Purpose and Power of Ongoing Wellness Care)

Pain. Pain and Suffering. Crisis. This is often the only point at which we reach out for assistance. **Surviving or generally doing fine is adequate for us in our day-to-day busyness.** The overwhelming demands of our lives occupy us so fully as we keep the volume turned down on the subtle feedback from our bodymind.

I'm okay and you're okay as we fail to recognize the daily increasing tension and decreasing energy and vitality. This is like the frog that is placed in the pot of cold water that is caught unaware and doesn't jump out but rather is slowly cooked by small incremental increases in heat. As the distress quietly accumulates and is stored within and memorized by our nervous systems, the expression of our possible selves shrinks.

"Oh, I'm not stressed" we exclaim. We settle and fail to fully thrive. We don't notice the gradual and insidious process of decline, the decreased available circulating intelligence to process, reflect upon and respond to our state. Is wellness spinal/ nervous system care a luxury questionably worth affording? Paying cash for without insurance availability? Or is it a primary and necessary key to unlocking maximum quality of life in an extremely stressful world?

We each have a life and a limited earthly time. Limited time to wake up and be set free from restrictive patterns of dysfunction, which distort our perception and disturb our responses. A limited time to fully live and express the possibilities latent within our individual designs. **Regular precision spinal adjustments awaken the stressed and slumbering nervous system.**

Distress has been accumulating on a daily basis throughout your lifetime often without attention-getting fanfare. Do you have more aches and pains? How about tension and stiffness? Do you experience a greater frequency or magnitude of colds, allergies or digestive upset? Is lessening energy and stamina becoming

more of an issue? Is there an increased tendency toward irritation, anxiety or depression? Do you have less passion and enthusiasm for your life?

These can all be developing clues that you are overdue for some distress deletion. Just as it can become critical to have e-mails and old programs erased and a defragmentation process conducted so that your computer can function error-free and at high speed, **it is so critical to receive regular non-symptom motivated adjustments to your nerve networks to allow life transmission to be free and undisturbed.**

Is the water getting warmer in the pot???

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