

Chiropractic is a specific method of adjusting the spine with the goal of assisting your body in restoring a balanced posture. When the body is balanced, it is able to function more efficiently. When you are out of balance, your brain and nervous system devote 80 percent or more of their efforts to combating gravity, leaving little energy to maintain normal bodily functions such as blood pressure and heart rate, mood, digestion, and immunity.

What controls your stomach? How about the ability to bend your right index finger? As mentioned before, all of these events would not be possible without the nervous system. Your nervous system sends and receives messages to every part of your body. These messages travel through neural pathways located in your spine. If any point of your spine creates pressure or impingement on those neural pathways, a reduced amount of communication occurs between your brain and body structures, leading to a reduction or elimination of normal function. Do you get all of your messages?

God created a magnificent vessel for us to live in. It is the outside environment that we have to overcome. We are here to help with your body's restoration. Keeping your spine aligned will greatly enhance the ability for your body to function at 100% to overcome misalignments in your path.

To find out more....

There are many opportunities to learn more about this work can have a positive effect it may have for you or a loved one.

- ◆ Regularly scheduled informational 'Well'shops to inform new patients and their support persons of what to expect as they embark on NUCCA care. These are for new patients and support persons, but anyone that may be interested in NUCCA can attend. *Please call in advance to reserve a seat.*
- ◆ If groups are not your style, you can call to schedule a time when either Dr. Heath or Dr. Cindy can speak to you one-on-one during the day. As always, our consultations are free.
- ◆ We welcome any invitation to speak at your social group regardless of how big or small.
- ◆ Schedule an appointment and get started. One of the best ways to understand the benefits of upper cervical care is to experience it.

Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

Proverbs 13:12



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*Helping you
achieve a better
balance in life.*

www.treeoflifechiropractic.net

What Makes NUCCA Care so Effective?

When a spine is misaligned, the entire spine is out of alignment rather than single vertebrae at various points along the spine. With NUCCA, a very specific correction is made from the top bone of the spine, which then allows the entire spine and pelvis to align naturally. During the adjustment, the patient does not experience any twisting or turning of the head, neck, or back. Instead, only a slight pressure is felt below the tip of the ear. The entire body is then returned to a balanced, neutral position for optimal health.

The Importance of Proper Balance and Alignment

The symptoms of imbalance include aches and pains, fatigue, headaches, a weakened immune system, and disease. A misaligned spine can occur from any injury that tears loose the connective tissue holding the spine together. Injuries such as these cause the head and neck to move off center, which changes the biomechanics of the spine making the body distorted and less stable.

With altered spinal biomechanics, every body movement becomes an imbalanced movement which stresses the spine and can cause pain, disc problems and nerve damage. The NUCCA adjustment removes the stress on the nerves and discs, allowing them to heal.

Our approach to Chiropractic

Tree of Life Chiropractic utilizes advanced training in biomechanics that follows NUCCA protocol. NUCCA is an acronym for National Upper Cervical Chiropractic Association and is composed of doctors of chiropractic practicing and researching ways to remove nerve interference with the least amount of external force possible. This approach allows the body to adapt more naturally and quickly with increased stability.

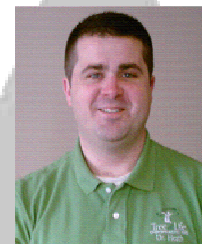
We look for the cause of the problems, not just for ways to reduce the symptoms.

Since the brain is the master organ of the body, its purpose is to coordinate and keep the body system in balance. When an injury occurs, the spine can become mis-aligned. The messages being sent out to the body by the brain becomes altered and interrupted. This loss of communication causes the body to reach a state of dis-ease. Left un-corrected the problem proliferates and symptoms develop over time. The NUCCA system corrects the mis-alignment, therefore bringing the spine back into balance and returning the body to its maximum state of health.

Mission & Purpose

The root of all primary body functions is in the brainstem. By removing any interference from this area the body will achieve better body balance, allowing uninterrupted communication with all other organs and cells. Many other factors in your life might also be effected in a more positive way? Physically, mentally, emotionally, spiritually..... Just imagine the possibilities!

Tree of Life Doctors:



Heath Treharne, D.C.



Cindy Treharne, D.C.