



Chiropractic Newsletter

Well-Being

Greater Community through Chiropractic

Since chiropractic adjustments enhance the individual to increase the life expression of the body and mind, a community effect is generated from every adjustment. This is an important fact given the concern we all have about our children's choices in life. The emotional state in which a child lives has an enormous impact on the quality of their decisions in their everyday lives. If the nervous system is given the benefit of optimal function, then we can rest assured that our children's mental and emotional acuity will be more readily available for them to make safe, wise decisions, since the nervous system facilitates all their mental and emotional processes.

Just consider the subtle impact a single child can have on his or her group of friends as a result of her improved state of well-being. What choices will those friends make together? What new directions will they take as a result of this improved state of physiological and emotional health? Simply gaining better alignment to the innate intelligence inherent in each person through adjustments to the nervous system can



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produce a positive effect on the direction people will take.

The power of the nervous system is truly amazing. Many parents will bring their children to the chiropractic office looking for a solution to a bio-medical problem unaware of the positive, global effects that chiropractic care can have for their family. If the family under care experiences their specific problem resolve, it is a blessing and testimony of the power of the nervous system. However, when larger life changes manifest, such as behavior and relationship improvements, cognitive clarity during school work, or sustained emotional resilience in situations that were previously a struggle, then families begin to realize the vital truth about the nervous system's

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So important to family well-being today is the experience of belonging to a community. This human feature has been largely replaced by digitized socialization and busying schedules. There is a tremendous social-emotional benefit provided by a hands on model of healing that can help counteract the decreased community interaction characteristic of modern life. Additionally, many chiropractors are at the center of holistic networks of health practitioners and

informed parents who are always looking for new connections and more interpersonal support among individuals.

Chiropractors use gentle hands to free up limiting patterns of the physical body which, in turn, helps us release old, limiting perceptions and states of mind. If you are looking to advance your family's well-being and shift into a new paradigm of health, there's no greater place to begin.

—*Pathways to Family Wellness Magazine*



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