

[Clinique Chiropratique St-Joseph](#)
673, St-Joseph
Gatineau, Québec
(819)777-0577

BUT WHAT ABOUT MY SYMPTOMS?

Symptoms are outward signs to you. They serve a very important function, and should NOT BE IGNORED. All symptoms, regardless of where or how they occur are signs that your physical, emotional, or spiritual self is in jeopardy. They are an indicator that at your present level on nervous system flexibility (adaptability) change is necessary in your life.

It means that the actual demands placed on your biological "machinery" have exceeded your safety level.

You are on overload with regard to the stresses placed on you. These stresses may be currently occurring, or may be memories of old stresses which your body has still not released.

YOU MAY:

"IGNORE THE WARNING SIGNS." By placing the same stress on your body-mind, despite the awareness of symptoms. You may choose to "live with it" or wait for it to "go away".

"TREAT THE SYMPTOMS" SO THAT YOU ARE NO LONGER ANNOYED BY THE WARNINGS.

EXAMPLES: Taking pain reducing medication, muscle relaxers, antibiotics, heating pads, etc. in order to feel better. In this fashion you place yourself well within the danger level. You continue placing demands upon a failing body-mind without annoyance or warning signs. (You have silenced the smoke detector by removing the battery, but the fire still smolders.)

You now have the "ILLUSION OF HEALTH." NOTHING has been done to improve your health, no change has occurred in your life, and no lesson has been learned.

"REDUCE THE STRESS", physically, chemically, mentally, emotionally. Or, you may create appropriate change in your life so that stress no longer overwhelms you in the same fashion. This choice is constructive. IF YOU REDUCE STRESS, OFTEN SYMPTOMS WILL REDUCE OR DISAPPEAR.

EXAMPLES: Getting more rest, changing jobs, changing relationships, eating simpler, and avoiding confrontations. With this choice, the nervous system has not improved its level of function. What has been achieved is a reduction of stress (energy demands) placed on a failing nervous system.

"HAVE YOUR VERTEBRAL SUBLUXATIONS ADJUSTED."

You see, symptoms are a warning, an awareness of the need for change. You recognize that you are functioning at the danger level, and can not continue to do the same without damage to your body-mind, your health and your life.

Adjustment of vertebral subluxations, by hand, releases the interference between brain and body, mind and body, head and heart, physical and spiritual.

Chiropractic adjustments improve your ability to function and adapt to the environment and to recover from old patterns and traumas.

More joy can appear in your life as you grow beyond your symptoms and become more receptive to your INNER VOICE.

Within you is an innate intelligence.

This intelligence animates, motivates, repairs, heals, inspires, and coordinates you.

This intelligence creates life force.

This life force is expressed through your brain and nervous system and flows via nerves to each cell of your body.

These nerves can be altered in function by vertebral subluxations.

Vertebral subluxations interfere with the expression of innate intelligence and its life force.

Chiropractic spinal adjustments help turn on this life force by correcting vertebral subluxations.

Chiropractic is the philosophy, science and art of locating and adjusting vertebral subluxations.