

Dr. Thiede's March Newsletter

Hello Everybody,

I hope this e-mail finds you well. This month I am going to write about persistence, on the part of me, Dr. Thiede.

O.k. if you've been listening to me, attending our classes, reading the information I have posted all over the office, and reading our newsletter, you would have probably figured out that Vertebral Subluxations are bad. How could you not have – I have information on subluxations dripping from every crack in the plaster! With that in mind, let's tackle the issue of getting rid of these Subluxation things in your spine and why it is so important for you to maintain your schedule of care.

One thing you need to understand is that once a Vertebral Subluxation has formed, it can be compared to a dental cavity – it really doesn't clear up all by itself. And it usually progresses and gets worse. Is it painful? Most often not. And that is the problem. Most of the time, Subluxations in spine are not painful unless they have been caused by some sort of trauma – i.e. falling, improper strain, accident, etc. The fact that most Subluxations are not painful makes them difficult to detect by the average person. Only a Chiropractor can tell you if you have one, just the same as a dentist can tell you if you have a cavity starting.

So what are the most common causes of these things? Well...the most common causes are usually long-term stresses and habits your body has been forced to deal with.

Did I say habits?

Yes I did.

Habits.

You see, a Vertebral Subluxation most often becomes a habit – and a bad one, that your body is unable to get rid of. So, it slowly begins to adapt to having it. And slowly, your nervous system begins to be affected - it has difficulty controlling your body and, as a result, your body functions slowly begin to deteriorate. Not a good thing!

So what I am saying is that you've learned a really bad habit. Knowing this, let me ask you; "Have you ever had a habit you tried to get rid of? Do you feel it is easy to get rid of a deeply learned habit?"

No?

You are absolutely correct!

As in any habit or deeply learned pattern, in order to get rid of one, we need to substitute it with another – a good one this time. And that is the very reason, I, as your Chiropractor, will place patients on a schedule of care which may last weeks to sometimes even years or so. The goal is to change the habit or pattern your body has learned. To correct this Subluxation pattern. To wipe it out. To annihilate it. To show it no mercy. To take no prisoners! And to restore normal function to your nervous system so that it can, once again, control your body as it was meant to. That is my goal.

Definitely not for the faint at heart!

And it is for this very reason it is so important for you to maintain the schedule of care I designed for you. We are building a foundation. Think of this: if you were to start removing the bricks from the foundation, what do you think will happen?

A weak building?

Absolutely, you bet!

You see, in my heart, I cannot allow you to weaken your foundation. It is the basis of your health. And that is the reason I am on your case, and always will be, when you miss or even reschedule your timed appointments with me. So, please do not ever be annoyed that I call you when you're off your schedule or when you go M.I.A., or think that just because you don't feel bad anymore and you can stop going. We are reminding you of your commitment, and ours to restore normal function to your nervous system so that it can control your body as intended to. So if you have gotten off of your schedule or haven't been in in a while give us a call at 927-7721. So we may check your spine and re-start the restoration process to a fully functioning nervous system.

Dr. Thiede and Kim