



7KH)BKDVHV□

6EODW□

HHHDW□

IOHIWDWWHGHGDMSDOMEODW□

FDSEHVMWYDGHVHV□

VSDOGHHHDWVSHGS□

WKHGHVHGHVHHDWVKSDFWE□

FDHMHONHOWHYHMHVWKHHVHFWV□

DGHHHDFHHHDWVKHV□

GIHHVSKDVHVMEODW□

GHHHDW□

**Phase I:** h s hase e ese s he  
ea ha es a se h s a  
s a I s ha a e e a  
a a se e a a  
ss ha es he a s a  
es h a e e e a e  
ha es ha e see a a  
ss es s he s a e  
s e sh ha es e a  
he ea s a es s a ss e s s

**Phase II:** h s s a e e ese s he  
se e a ha es ha  
a a h s a s a s  
he s ea s s  
e e e a a e e a s a  
a e ease s he h

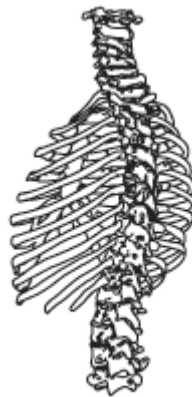
**Phase III:** h s s a  
ass a e he e s e a  
s e e e a a a e he  
e ha es ha e e  
s s he he es s a e  
he a ea a s a es s a s  
e a ea h s hase

**Phase IV:** h s hase s ha a e e  
he e e s e s ha  
s he e e e a e ha es a e  
e e e a ea s  
a see he e e  
s a e  
a s h e e e ese e e  
a a e s e

an su lu ation de ene ation e  
co ected o tunately, chi op actic  
ca e has een shown to stop the  
p o ession of de ene ati e chan es in  
most indi iduals in phases I to III. he  
chi op actic ad ustment accomplishes  
this y e-esta lishin p ope ali nment  
and mo ement of the affected motion  
se ments of the spine. As a esult,  
no mal tension is emo ed f om the  
oints, discs and ne es, and this  
p omotes the health of these tissues.

ome acute episodes of su lu ation  
spinal pain can e alle iated with one  
chi op actic ad ustment. ut most  
spinal conditions e ui e wee s,  
months o e en yea s of consistent ca e  
to c eate total co ection. As you  
chi op acto to assess you spine fo  
su lu ations in the ea ly phases of  
spinal de ene ation. And ha e you  
spine ad usted to p e ent these smalle  
p o lems f om p o essin into mo e  
se ious health conditions.

hi op actic pionee . . alme  
made an impo tant o se ation a out  
the impact of su lu ation “A  
essu lu ated e te a is the cause of  
pe cent of all diseases he othe  
fi e pe cent is caused y displaced  
oints othe than those of the e te al  
column.”



### Quote to Inspire

“I had no shoes and complained, until I met a man who had no feet.”

- Anonymous

### References and Sources:

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3. Palmer DD. The Science, Art and Philosophy of Chiropractic. Portland Oregon: Portland Printing House Company, 1910.

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