



ARE VITAMINS A CURE?

The popularity of vitamins at the same time is a huge positive and a big negative. Let's discuss separating the blessings from the curses.

Chiropractors know something that the rest of the world is just now catching on to. They know that health and healing can only occur through internal integrity. Internal integrity is a wholeness that results from a normally functioning body - where all parts and systems are communicating and working properly together. If health or wholeness is lost, removing the interference to restore normal function and bring back internal integrity is the only true way of healing.

Unfortunately, industries don't make trillions on internal integrity and allowing the body's own inherent systems to sustain and heal themselves. Therefore, this important principle has been avoided altogether and replaced by money-making pills, surgeries, food, and now some kind of vitamin or elixir.

With vitamins, the bottom line is that the body has needs for functioning. For example, if you don't ever get sun and you don't eat nutrient rich foods, then you could be living with a deficient amount of Vitamin D in your system. Like most deficiencies, they will lead to poor function and thus expose you to certain ailments or allow certain disease to develop in your body.

HERE'S THE TRILLION DOLLAR VITAMIN PROBLEM.

1. HUGE POSITIVE - Taking Vitamin D to assure you have an optimal amount will prevent conditions related to Vitamin D deficiency. Additionally, if you're sick with a condition associated with Vitamin D deficiency, taking Vitamin D will restore balance and can allow the body to regain normal function and heal.
2. BIG NEGATIVE: People think Vitamin D can heal - Drugs, surgery, and vitamins are not a replacement for internal integrity. However, by making sure to optimize important nutrients, you can give the body the raw materials it needs. THE FACT IS: INTERNAL INTEGRITY AND THE NORMAL FUNCTION AND HEALING THAT RESULT ARE TOTALLY CONTROLLED BY THE SPINE AND NERVOUS SYSTEM.

If you want to protect yourself and your family from disease, foreign injectibles aren't the answer. Maximum nerve supply is the start. Add to that the other 4 Essentials of Maximized Living along with nutrients like Vitamin D - and you're better off than millions of others that have not yet embraced the truth.

If you, your family, or friends are taking high blood pressure medication, have increased cholesterol, have had a heart attack or want to be the 1 in 50 who doesn't: sign up your family our Healthy Heart Workshop on December 9th at 7:00 pm! See Caitlin or Kateri for details!

