



adjust your lifestyle™

# Maximizing Your Innate Potential

Everyone deserves to be healthy and express their full potential from the time they are born through their last breath of life. **Yes, this includes you and your loved ones.**

At the moment of your conception, twenty-three chromosomes from your mother and twenty-three chromosomes from your father came together to form a unique and special you. At this exact moment there were certain things that were predetermined. For example, your height, eye color, length of your fingers and the location of your nose on your face were established because they were built into your genetic core.

Also built into this genetic wonder is an Innate Intelligence, an inner wisdom, that keeps you functioning at your highest level possible and helps you to adapt to your environment. The major communication system for this intelligence occurs in your nervous system which includes your brain, spinal cord and the vast network of nerves that supply every cell, tissue and organ of your body. Every movement that you make and every organic function performed by your body, from your heartbeat to your digestion is controlled and coordinated by the signals travelling over these nerves.

Your ability to adapt to your environment, perform the right functions, at the right time, in the right quantities and frequencies depends on the integrity of these messages. As a simple example, when you get too hot, you may turn on the air conditioner. If you get too cold you might choose to put on a sweater. A healthy nervous system ensures that you make the right choices to adapt to these temperature changes.

Thanks to your nervous system, your body is making unconscious adaptations every millisecond of every day. For example, if your cells need more oxygen they will signal your lungs to breathe faster and your heart to beat faster. When you fill your belly with food, your nerves signal your digestive juices to go to work and extract the nutrients from your meal. If you have an injury, your nervous system identifies the problem and sends its Innate repair mechanisms to work so it can fix the job.

Your nervous system is so important to your health and well-being, that it is the only system in your body that is completely encased in bone. Your brain is protected by your skull and your spinal cord is protected by your spinal column. In order for you to heal quickly from injuries and illness, and maximize your health, your nervous system pathways must be clear and free from interference.

Unfortunately these pathways can be blocked or interfered with, and when this happens in the spine it can cause all types of health problems. This “short circuiting” can cause pain ranging from headaches, neck and back pain, to a weakened immune system, hormonal and digestive problems. It can also lie dormant, asymptomatic for decades, rotting your spine and deteriorating your organs and systems, leading to all manner of dis-ease. Most important, they can keep you from expressing your potential over your lifetime.

Crisis Care removes this interference and gets you feeling better. Lifestyle Care will help you maximize your Innate potential. Try it! You’ll be amazed how a highly functioning spine and nervous system improves your life.