



Basile Spine Sport and Wellness

Health Promotion Strategies

To Optimize Your Results, Create Better Life Performance and Greater Longevity With Chiropractic Care

Spinal Subluxation

Your body is a self-regulating, self-healing, organism that is run by the inborn (innate) intelligence within your body. With proper care, your body has everything it needs to keep you active, healthy, and able to achieve your fullest potential.

Your brain communicates with every cell, tissue, and organ in your body over a pathway made up of your spinal cord and nerves and controls all the functions of your body. For you to be healthy, the pathway between your brain and body must be clear and remain free of interference. Your spine can be injured causing interference to this pathway. We call this injury that causes interference to proper brain / body communication a spinal subluxation. These subluxations interfere with the normal expression of the inborn (innate) intelligence within

your body.

Stress, accidents and other physical traumas are some of the things that produce these vertebral subluxations. (See below for detailed explanation of causes) These subluxations can cause pain, symptoms, disease and all types of health problems. Or, they may produce no symptoms or warning signs at all for years, while silently damaging your body, until eventually your body breaks down. In either case, the interference caused by the subluxation severely affects your life and your ability to achieve your full human potential and lead a long, healthy, active life.

Chiropractic adjustments remove this interference so that your body has the ability to restore itself to normal. When your body is kept free from interference over a lifetime, then you are able to achieve your full genetic potential and lead a long, healthy, active life.

What is HEALTH PROMOTION?

We all want to be healthy. We are all aware that living a healthy lifestyle helps to prevent disease. But health is more than being free from disease. Optimum health means that your body is functioning at 100% all of the time. With this understanding we can actually make our aim to go beyond merely preventing disease and actually build (PROMOTE) greater levels of health. Thus, HEALTH PROMOTION. That is what we want to help you achieve which leads to better life performance and greater longevity.

Causes of Spinal Subluxations

For More Information:

Visit
<http://www.drthomasbasile.com>

<http://www.teamchiropractic.org>

Spinal subluxations are caused by stress: physical, emotional, and chemical stress. The easiest of these to understand is physical stress. This category of stress alone creates subluxations in almost everyone since we are all subject to physical stress daily. An analogy that will help you to understand this is as follows. We chew food daily. We all know that if you don't counteract the trauma of chewing food and the residual food debris on your teeth and gums it will

lead to tooth decay and gum disease. However, if you brush and floss your teeth and gums daily, your chance of dental problems is greatly reduced. The same is true of your spine. Our spines are all subject to physical stress daily. Repetitive lifting and bending, long periods of sitting, jerks, jars, slips and falls. These all accumulate over time because most people don't practice daily spinal hygiene. This is a major cause of spinal subluxations and why they are literally epidemic.

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