



adjust your lifestyle™

# The Top 10 Reasons You Should Not Ignore a Backache

## 10. The straw will break the camel's back

We've all heard the expression "the straw that broke the camel's back." This is so true for too many people who ignore minor spinal problems. One day they do something silly, like bend down to tie their shoe and they can't get up. Major problems are much more painful and expensive to care for, and they can ruin your life forever.

## 9. The times that you need your spine the most will be the time that it will tend to give out on you

If you neglect your spine, you can be sure that when you need it the most due to stress, physical activity, business or pleasure travel, or even a big game-it can give out on you. Extra stress on a weak spine and nervous system can overload your system during your most important times. Regular adjustments as a part of your lifestyle can keep you healthy and prevent these inconvenient episodes from putting a damper on your life.

## 8. Nerve pressure can exist without pain

According to the research, pain is not a good indicator of how healthy or unhealthy your spine is. Spinal examinations such as posture, weight balance, palpation, muscle testing, computer scans and x-rays are much better indicators. Pain is usually the last to show up and the first to be relieved when you begin chiropractic care.

## 7. Nerves supply your whole body

Your spine protects your nerve system, the master control center of your body. Vital energy flows over your nerves and communications with every cell. Nerve pathways must be clear for the messages to get through. If you have an uncorrected spinal problem, it can cause a decrease in the function of vital organs and systems, and lead to severe problems.

## 6. Deterioration can begin within 2 weeks

Researchers found that when the spine is misaligned it can begin to deteriorate within 2 weeks.

Think about how many two weeks have passed since you were born, which is often when the first spinal injury occurs. How many two weeks are there from a childhood fall to age 50? Is it any wonder why more than 15 million people are diagnosed with osteoarthritis each year?

## 5. Grandma and Grandpa didn't get crooked overnight. They grew that way over time

This goes along with number 6. Over time, the spine and nervous system deteriorates, not because of age, but because of subluxations. Just like the tires on your car wear down unevenly when they are misaligned, the same can happen in your spine. You may have some areas in your spine that look like they are 80 years old while you have other areas that are more like a 30 year old. You can keep your entire spine healthy with chiropractic Lifestyle Care.

## 4. Your quality of life depends on a healthy spine

If you want to be healthy and active as you age, your spine and nervous system must be healthy. Period.

## 3. Good posture keeps you young and attractive

When your body becomes bent over and crooked, you will look and feel old and decrepit. If you keep your posture and your spine straight and strong, you will stay healthy, young and attractive. Many people attempt to use facelifts to preserve their youthful appearance as they age. A facelift would look silly on a person whose spine was neglected.

## 2. You can't afford to get sick or injured

Now more than ever, you cannot afford to get sick. Crisis care costs are astronomical and an unhealthy spine and nervous system can be the cause of so many problems.

## 1. Because your chiropractor cares

Our office sees too many people who wait until they have intense pain and suffering. Don't let this happen to you. Make an appointment today.

Basile Spine Sport and Wellness

5610 Kitsap Way Suite 260 ♦ Bremerton, WA 98312 ♦ (360)478-2100  
17205 Vashon Hwy SW B2 ♦ Vashon, WA 98070 ♦ (206)463-1850