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Adaptability

By Peter Amlinger | October 27, 2014

This morning a patient, who is a professional tennis player and coach, was in to get his nervous system checked for subluxations. I knew one of his players was in an important junior national tournament this weekend. I asked him how the young player made out. He said: "he made it to the quarters.." and then he stopped talking and simply shook his head.

He went on to tell me this youngster has all the shots and can manage himself quite nicely when everything goes according to plan and he doesn't have to step outside of his normal routine. In a word, he couldn't adapt when necessary.

Health, in fact, life, is about being able to adapt appropriately to an ever changing world. Your internal world, your chemistry is constantly adapting to keep your organ function such as blood sugar, heart rate, oxygen levels, kidney and liver function running within a normal range as the demands you are placing upon your body changes.

The outer world, at the same time, is compelling us to adapt second by second to a barrage of stressors from the physical, chemical and emotional areas of life. If we can accurately sense this information and appropriately adapt to it we are healthy. Sometimes, as we adapt, we don't feel so good. It is important to measure health, not by how we are feeling, but instead by how we are adapting.

What is the only system in your body that drives adaptability?

The answer is your **NERVOUS SYSTEM**. The nervous system senses our environment both internally and externally and adapts us to it millisecond by millisecond.

Can the nervous system adapt us properly when we are subluxated?

NO! SUBLUXATIONS, which are caused by a stress overload, impair our ability to accurately sense our world and our ability to respond to it.

How do you know if you are subluxated?

Only a chiropractor is trained to detect and correct vertebral subluxation.

Do you (and everyone on planet) desire, require and deserve:

- *A fully functional nervous system?*
- *Which is capable of sensing and appropriately adapting you to life?*
- *So you can be more responsive and create the life that you would love to have?*

Then continue with regular chiropractic care and get your family checked today!