



STEWART CHIROPRACTIC

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A NORMAL LIFE

You're born. You get no drugs and no vaccinations. During childhood you have the usual illnesses, but conservative treatment gets you through them without antibiotics or drugs, and you build your natural immune defenses. You don't eat white sugar, white flour, hydrogenated oils, too much meat or cheese, or drink soft drinks or pasturized milk. You concentrate on whole grains, hits, vegetables, and a clean, natural diet. You never learn to drink coffee or to smoke cigarettes. The only pills you take are natural antioxidants and enzymes and minerals, which are part of your daily intake. You drink at least 1 quart of water every day.

Into adulthood, you never get sick: no colds, no flu, no headaches, no diabetes, no ADD, no thyroid problems, no panic attacks, growing pains, fatigue, or digestive disorders, no high blood pressure. The only pains you experience come from accidental injury. You do moderate exercise or sports activity to maintain mobility and general fitness. You look to the care of your spine. Your entire adulthood is spent in this disease-free mode. As you age, your mind gets sharper, your body gets stronger, your immune system tougher. You experience no arthritis, cancer, or osteoporosis, no Parkinson's or Alzheimer's. Finally one day after 90 or 100 years, you flicker like a candle and go out.

The above paragraph may be useful in choosing a doctor. Some doctors will say all this is impossible; which for them is true. So don't choose them. All this is possible; moreover, thousands and thousands of people are living it. So listen only to those who can help you achieve such a condition of living health. Because now we've arrived at the threshold of a time when good health and a powerful immune system are not only advisable; they are the very determinants of survival.