Optimal Health Workshop
Creating Your Healthy Future

Presented by:
Dr Shona Hutchinson
Dr Shona
My Objective

For you to **share** this information with your **friends** and **family** and help them make **better health choices**. We have arranged a special gift for you.
What is Health?

World Health Organization (WHO)

A state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity.
Sickness Care    V’s    Health Care
Top 3 Causes of Death in Australia

1. Heart Disease
2. Cancer
3. Iatrogenic (Medical Deaths)
DRUG IT.
NUMB IT.
CHEMICALLY RELAX IT.
ARTIFICIALLY LOWER IT.
SURGERICALLY REMOVE IT.
• Gene
• Heredity
• No cause for abnormal cells

**FACT:** Cancer Genes do not have to express disease. *So why do they?*
Your Health is the genetic expression of your thoughts and social interactions, it’s the genetic expression of your food choices, it’s the genetic expression of your exercise and energy expenditure patterns. It’s the genetic expression of how you eat, move, think and the environment you live in.

Dr James L. Chestnut B.Ed., M.Sc., DC., CCWP.
5 Essentials to Life

- Nutrition/H2O
- Rest/Relaxation
- Emotional
- O₂/exercise
- Nervous System
Back to Basics

- Body is made up of 50 Trillion Cells
- It began as 2 cells
- First organ to develop is the Nerve System at 28 days
- The rest of the body is formed under direct control by the Nerve System
Normal Anatomy
What Controls and Coordinates **ALL** Functions in the Body?

- The brain by way of the Central Nervous System
- Information from brain travels down the spinal cord and out through spinal nerves.
- Brain makes decisions based on information it receives.
- If the brain receives bad input then output will be bad.
- **Garbage in = Garbage out!**
Chiropractic is Simple

Nervous system controls all organs structures of the body.
Cycle Of Regeneration
Repair Cycle

- (STRONGER)
- (SAME)
- (MUTATED)

Breakdown Cycle

- V’s
- (HEALING/OPTIMAL HEALTH)
- (STASIS) (NOT HEALTHY, NOT SICK)
- (DIS-EASE → DISEASE/CANCER)
Nerves

- One 2½ cm cube of the brain's cortex contains 16,000 km of nerve tissue.

- Nerve energy travels at the rate of 434 km/hour.
Subluxation

- Trauma or STRESS to the body that JAMS the vertebrae movement.
- The stress to the nerve will shut the energy down to that organ and possibly organs below that nerve level.
- They weaken and distort your overall posture, which leads to ACCELERATED AGING in your body.
Symptoms From Subluxation

- Headaches
- Thyroid conditions
- High/Low Blood Pressure
- Numbness in arms/legs
- Poor Circulation
- Weakness in Extremities
- Asthma/Allergies
- Heartburn/Indigestion
- Cancer
- Skin Conditions
- Mental sluggishness

- Fatigue
- Heart attacks
- Shortness of Breath
- Menstrual Irregularities
- Swelling in feet/ankles
- Depression
- Visual Disturbances
- Hearing disturbances
- Bladder Incontinence
- Carpal Tunnel
- Fibromyalgia
How to Detect Subluxations:
Normal Curve and Spinal Cord

Degenerated Curve and Compressed Cord
Knowledge is Power

True Wisdom comes not from knowing something........

It comes from.....

Taking ACTION
Sickness Care  V’s  Health Care

You Choose Your Future by the Action you Take
Share With Others
OLD CAR
No Maintenance
v’s
Lifetime Maintenance
Our Gift to You

We will provide our Initial Consultation and Examination* services for $30 (Save $100)

Full Spine X-Rays $149 *Not Included

$15 from each person will be donated back to PCSG
You are **STRONGER** than you know.

You **CAN** do this.

*(you just have to believe...)*

runHARD-alwaysFINISH