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Informative Speech

I want each of you to imagine in your minds the following scenario: It is summer. You are playing outside with your cousins. You hit a bump on your scooter, and before you know it, you’ve scraped up your knees. Next step? You run inside to the bathroom, open up the medicine cabinet, clean the wound, add some Neosporin, and slap on a band aid.

You lift up that band aid a couple days later and notice that wound is healed. Now, my question to you would be, “What caused that wound to heal?” Was it the band aid? The Neosporin? No. There is some sort of innate, God-given ability our bodies have to self-heal.

Over the past year, I’ve been working as a Chiropractic assistant, or a CA. Let’s take a trip back to our 5th grade health class on human development. After conception, a sperm cell and an egg cell combine, then being to multiply repeatedly. This creates what is called the primitive streak. This includes the brain and the spinal cord. These comprise the Central Nervous System. From that, every other subsystem is able to differentiate in human development.

The human spine has two functions. The first is to hold us upright. That is its mechanical function. The second function is to protect the spine, or the CNS. The spine is unique in that it is an organ of communication.

Each of you reach behind you and feel where your skull meets your spine. That is your atlas. There are 79 trillion nerve ending branching down from that part of your cervical spine!

Subluxation is an important term in Chiropractic. It simply means a misalignment in the spine. Each nerve ending is protected by the vertebrae of the spine. They each connect to corresponding destinations in the body. When there is a subluxation, or movement in the spine, a whole variety of symptoms can arise. Things such as IBS, ADHD, cramps, headaches, and TMJ disorder.

Studies have shown that 95% of infants born through modern birthing techniques already have a subluxation in the spine. Yes, even babies visit Chiropractors. I bring this up because chances are, we each in this room likely have subluxations in our spines.

Over a seven-year study, research proved that patients whose primary care physician was a Chiropractor experienced 60% less hospital admissions, 59% less days in the hospital, 62% less surgeries throughout their lives, and 85% less cost in prescriptions. There are many other wonderful studies showing the impact of Chiropractic care on the long-term health of patients, but this is one of my favorites.

Chiropractic has helped me find migraine relief and control my focus issues.

Looking back at the original band aid analogy, Chiropractic is a way to give your body the opportunity to do what it does best – self heal.

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