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Born Again

HEALING... does not take place merely following an injury; it takes place over a lifetime. When healthy, your body is literally healing (born again) on a moment to moment basis.

IN A HEALTHY BODY:

The regenerative or healing capacity, is unlimited. This is because every second of every day millions of cells die and are replaced by brand new healthy cells.

AS A RESULT OF HEALING

- The liver is new every six weeks;
- The heart is new every three months;
- The red blood cells are replaced every 90-120 days;
- The stomach lining is new every five minutes;
- The skin is new every 30 days;
- 98% of the atoms in your body, including the bones, are replaced each year.

Normally, cells and organs break down and die every day but are being replaced faster than they are dying.

HEALING FASTER THAN BREAKDOWN = HEALTH

BREAKDOWN FASTER THAN HEALING = DYING

ON SUBLUXATION AND HEALING

Due to nerve interference, a vertebral subluxation causes the healing process to slow down and, although cells are still being replaced, they are replaced by abnormal, unhealthy cells. This is why a subluxation in your spine will make you immediately sick and cause serious disease over time.

THERE'S A NEW YOU COMING EVERY DAY... MAKE IT A GOOD ONE!

**Our purpose is to educate and adjust families toward optimal health
with natural chiropractic care.**