

# Want Energy?

## Get Chiropractic

By Carlotta Holton



**I**f you don't have the energy you used to, don't blame it on the aging process. If at the end of the day – or for that matter any time of the day – you feel as though your get-up-and-go has already gone, consider this: maybe you're out of alignment.

How important is that? Your 24 vertebrae, sacrum, hips and pelvis need proper alignment in order to make efficient use of your energy. When chiropractors correct a mechanical distortion in your body – a subluxation - with a spine adjustment, nerve system energy is normalized. In effect, chiropractic care heals the span between your physical body and your energy body so that they can communicate better with one another. In this way, harmony is restored to the body and mind and you've got the energy you need!

### HOW IT WORKS

The vital energy that runs your body comes from the brain, travels over the nerves, and gives vitality and vigor to your body. Even if you maintain proper nutrition and exercise, if you've got a subluxation, your energy can still be zapped. It stands to reason, that if that energy is interfered with, your body will not work at its fullest potential.

### GO WITH THE FLOW

The concept of renewed or recaptured energy is inherent in the chiropractic philosophy. **"The point of chiropractic is to allow energy flow; to allow the body to do what it is supposed to do,"** says Dr. Sandy Giacobbe, Ascenza Wellness Center, Blairstown, NJ.

### THE PAIN GAME

In the fast-paced world we live in, it's not surprising that our energy is depleted in a variety of ways and for a number of different reasons. While most people head to a chiropractor's office for a particular injury or pain, they are often surprised at the fact that such a problem is also responsible for