



## What does the end of Daylight Savings time and Sub-lux-ation have in common?

Weekly Sticky

**LESS LIGHT!** OK, I can hear all the groaning... we're really stretching it this time. But in some way this statement is true. The primary purpose of Chiropractic is to locate and correct subluxations. When you break the word down into it's roots, SUB-LUX-ATION you get this...

**"SUB" – means less than, or lower than normal**

**"LUX" – is Latin for LIGHT and**

**"ATION" – is a state of being, or a condition**

The literal definition of subluxation is a state or condition of less LIGHT or power than normal. Subluxations occur when spinal bones mis-align and restrict the normal flow of “light” through the spinal cord and nerves. The effect... your body gets less of the Life energy or “light” it needs from the nerve system to maintain health and vitality.

When Chiropractors locate and correct subluxations, they're removing blockages to the light so it can flow freely through your nerve system, illuminating every cell, tissue and organ in your body. If sub-lux-ations produce darkness in your health, Chiropractic adjustments bring **EN-LIGHTEN-MENT**.

So don't let the shorter, darker days get you down. Fall back into a healthy Chiropractic routine and keep your nerve system lit up. Life is brighter when you're subluxation free.

The  
**Weekly Sticky**<sup>TM</sup> Brought to you by

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