

The Dirty Dozen: Remarkable Table Talk

“Create Understanders”

- 1. You are designed to be Healthy.**
 - a. Healthy is Normal. Unhealthy is Abnormal.
 - b. Your default is to be healthy
 - c. Healthy is normal. Unhealthy is the Norm.
- 2. Your Body is Smart.**
 - a. There is an innate intelligence that runs your body.
 - b. Innate intelligence keeps you healthy and heals your body.
 - c. Health comes from the Inside – Out...not the Outside-In. And so does Sickness.
- 3. Innate intelligence courses across The Nervous System.**
 - a. The Nervous System is The Master System.
 - b. The Nervous System is the communication system.
 - c. The Nervous System helps us adapt to and deal with STRESS.
- 4. Your Spine is your Suit of Armor**
 - a. Your Spine is your Life Line.
 - b. Your Spine protects your Nervous System (Spinal Cord) – like skull protects brain.
 - c. If you want to be healthy – you’ll need a healthy Nervous System...If you want a healthy Nervous System – you’ll need a healthy Spine.
- 5. Stress causes a condition known as Subluxation**
 - a. Subluxations Create Interference in the Nervous System
 - b. Break down in communications
 - c. Joint, tissue, inflammation, irritation – more stress
- 6. Subluxation causes dysfunction that can manifest as symptoms and conditions**
 - a. Subluxations typically start silently and then eventually show signs and symptoms
 - b. Subluxations can be the root cause of _____
 - c. WDYK that suffers with _____?
- 7. Subluxation is Caused By Stress**
 - a. 3 Types of Stress that Cause Subluxation (3 T’s)**
 - i. Thoughts – Stress
 - ii. Toxins
 - iii. Traumas
 1. Macro
 2. Micro

8. Bad Habits cause and promote Subluxations

- a. Empathetic Connection
 - i. Specific and Relevant – Bad habits
 - 1. Ex: “Sitting is the new smoking...You sit too much.”
- b. Bad habits cause and promote subluxation patterns
- c. Habituated Toxic Choices require regular chiropractic care

9. How do you know if you have Subluxation?

- a. Explain Objective Criteria / Testing
- b. Get Checked/Family/Friends
- c. WDYK?

10. What should you do if you have Subluxation?

- a. Chiropractic Care
 - i. Adjustments
 - 1. 3 Legged Stool

11. 3 Legged Stool of Results

- a. Rhythm in Adjustment Schedule / Regular Care
- b. Break Bad Habits
- c. Add Specific Exercises

12. You are on a Mission

- a. Vision, Purpose, Mission, Premise
- b. Tell Others
 - i. Family
 - ii. Friends
- c. Recruit!
 - i. I need your help.
 - 1. Understanders
 - 2. Advocates/Ambassadors
 - 3. Tribe