

Your Body's Machinery a.k.a the Nervous System



The nervous system controls and organizes your growth and health. The nervous system consists of your brain, spinal cord, and all the nerves of your body. In other words, the nervous system controls the function of every cell, tissue, organ, and system in your body.

The brain stem and spinal cord are the primary pathways for nerve impulses to and from the brain. Messages back and forth through these nerves control the health and function of virtually every other cell, tissue, organ, and system in the body.

The vital communication pathway of the spinal cord is vulnerable, covered by 24 moving bones on the spinal column. Pairs of nerve roots branch off the spinal cord from between each spinal joint to service the organs and tissues of your body.

What Happens When the Machinery Malfunction?

Like mentioned earlier, the nervous system controls and coordinates all the functions of your body. If you interfere with the signals traveling over nerves, parts of your body will not get the proper nerve messages and will not be able to function at 100% of their innate abilities. Because of the way your spine is designed, improper motion or position of spinal bones can irritate or choke delicate nerves – interfering with the function of the tissues they control and some part of your body will not be working properly.

In addition to sports injuries or automobile accidents, many everyday things can cause these bones to lose their normal motion or position. This sets off a chain reaction affecting the spinal bones, nerves, muscles, soft tissues, and results in degenerative

changes throughout the body. Chiropractors refer to this as *the Vertebral Subluxation Complex* (drsmarko.com & american-chiropractic.net).

When your spine is in correct alignment, the nerve impulses back and forth to the brain are flowing freely, and your immune system can function fully to protect you from illness and pain. Your chiropractor in New York, Chelsea and Brooklyn; Dr. Adam Nachmias at Nachmias Chiropractic, has more than 25 years experience locating and correcting possible subluxations, which keep patients healthy and happy.

Dr. Adam treats your symptoms through a series of adjustments specifically designed to correct the vertebral subluxations in your spine. To book your chiropractic exam and consult, call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online: <http://calldradam.com/contact/book-online/>

Welcome to boost your body's machinery with the help of Nachmias Chiropractic!