Chiropractic 101

"The more mobilization we have to the joints the more stability we have through our spine. When our nerves are communicating at an optimal level, our bodies will perform at an optimal level. That is the goal of Chiropractic Care. To allow the body to express itself at an optimal level - always."



Dr. Cody Elledge

How it Works...

Chiropractic focuses on the integrity of the nervous system Chiropractors
identify and remove
the cause of a
serious interference
(in your life and
health) ... These are
known as Vertebral
Subluxations

Vertebral
Subluxations:
Misalignments that
put pressure on
spinal nerves

Vertebral Subluxations:

Halt the body's innate ability to heal and correct itself. The affect nerves, muscles, bones, organs, glands and tissues.

What Happens to Your Body...

Uncorrected Spinal Nerve Pressure

- Weakens your body and unbalances the skeletal system.
- · Puts pressure on your nerves and organs.
- Lowers resistance to disease and can zap your energy.
- Causes pain, numbness, weakness and/or underperformance of muscles and organs.
- · You may experience premature aging and feel tight, overly tired and weak.
- Can affect brain function. Your brain may not function at its peak. You may feel as if you have 'brain fog'
 and your mood may be muddled with concentration.

Free of Vertebral Subluxations

You are more balanced with less stress on your nervous system and body structure. You can better tune into your inner resource of life, healing and health.

Dr. Cody Elledge will never guess when it comes to a patient's care. He will perform a multi-system examination and provide digital x-rays. This allows our staff to determine a recommended patient solution plan.