

## Clearer Thinking, Concentration & Memory

Science has only very recently begun to realize the relationship between the organs and the other parts of the body. In a push toward specialization in health fields during the second half of the 20th century, the interrelationship and interdependence of the body's parts was all but lost. Now the tide is turning and people are realizing how important it is to address every aspect of the body in order to experience true health, maximum potential and overall well being including the ability to think clearly, concentrate and remember things.

Some educators have realized that for students to do well in their studies, especially in the lower grades, it is important that they get a good breakfast, one that has protein rather than one that is full of worthless carbohydrates from sugar. Of course, others think the answer to our many sugar high, grade school students is to prescribe some drug for them. The corporate world has begun to realize that by providing exercise for their executives, not only will they be healthier and have less absenteeism but that they will also be mentally sharper and more productive when they are working. We have all experienced the drowsiness and mental dullness that follows a big Thanksgiving Day meal, when our digestive systems make significant changes in our body chemistry. Alcohol not only affects your mental abilities when it is in your bloodstream but in sufficient amounts will affect your mental activity even the next day (we call it a hangover). Get a bad night's sleep and your mental sharpness will likely drop a noticeable level the next day.

All of the above examples of things that can affect our ability to think clearly are quite obvious and easy for us to understand. What is more, if these examples are true in the perceptible realm, then they are also true in the imperceptible realm. Any change in body chemistry whether it is due to over-the-counter medication, alcohol or even poor eating habits is going to adversely affect your mental acuity, your memory, your reasoning ability, your reaction times, and your ability to focus and concentrate. Perhaps the decrease is not noticeable to you but it may be to your boss or to those around you. Sometimes it is noticeable to us. When we are "coming down" with the flu or a cold, we realize that our mental productivity is down. However, more often it is not noticeable or at best we realize that we are just not "up to par" that day.

The reasons for this may be numerous. One of these reasons is invariably vertebral subluxation. When your spine is subluxated your nerve system is not able to work at its full potential. Your nerve system is interrelated to every other system in your body. Every system is dependent upon a full complement of mental impulses in order to work properly. You cannot be fully energized without a good nerve supply. You cannot digest your food properly without a good nerve supply. Your body chemistry is less than it should be and your mental ability is decreased. You probably do not even notice it or if you do, you usually relate it to "having an off day." Well no day should be an off day. Our bodies were created and meant to work properly all the time. If you want the most out of life then you want your mental faculties to be working their best, all the time or at least as much of the time as possible. That can only happen if you are seeing your chiropractor on a regular basis so that subluxations can be corrected before the cumulative affects of them rob you of your mental alertness. **Sure you are going to have off days because of wrong choices you make like**

staying up too late, lowering your body's resistance, or not eating well, but that is all the more reason to make sure that your mental alertness on the job, in the car and in relating to people is not impaired by vertebral subluxation.

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