

## Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### Organic foods - unplugged!

It's exciting to see all the interest in organic foods, pure drinking water, exercise and fitness. Yet, many of these well-intentioned, health-conscious people are wasting their money.

If you know someone who is shopping organically and reducing their dependence upon processed foods but not getting regularly adjusted by a chiropractor, they may be overlooking a key point.

Let's say you go to your favorite grocery store for your weekly shopping. And because you've wisely shopped the perimeter of the store where the fresh foods are located, you return home and put things away in your refrigerator.

But you overlooked one little detail. Your refrigerator isn't plugged in. It has a major vertebral subluxation at the electrical outlet.

In the same way your body cannot properly digest, assimilate and eliminate foods with a vertebral subluxation interfering with your digestive system, your refrigerator cannot preserve, protect and prolong the vitality of your foods without a properly functioning electrical system.

Your nervous system runs the whole show. If it doesn't work right, *you* don't work right. If your nervous system is not functioning correctly you can't fully benefit from organic food, your gym membership or other healthy habits.