

stress

Living in today's busy world, it is virtually impossible not to incur the common malady that we term "STRESS". Our body is equipped to handle stress using the complex and delicate hormone system which is under the "direct" control of the nervous system. The nervous system controls the hormone system through the nerves exiting out of the spinal column. We need all of the nerves exiting the spine to be open and free of interference to handle the stressful situations we may encounter.

Our simple daily routines or habits (such as sitting in chairs for lengthy periods or riding in cars) actually "cause" subtle stresses to our spines which eventually adds up to the muscle tightening which you feel as tension. Tension which builds with-out release will slowly move the spinal bones out of normal position and cause interference to the nerves which carry the messages of the nervous system. Simple adjustments will relax you and realign the spine so that your nervous system can properly function.

Please give this certificate to someone who we can help. Together we can make a difference.

Absolute Wellness & Rehab ?720 South Rand Road, Lake Zurich, IL 60047 ? 847-438-0055

In the Wal-mart shopping center

This Gift Certificate entitles the bearer to a consultation & examination at no charge. A \$135.00 value.