

Optimum Nervous System Function = Optimum Health

Dr. Zielonka is one of Ottawa's best known health and wellness experts. His unique approach enables people to make informed choices and take an active role in their health. Only by looking at all the factors related to one's health can they maximize their true health potential.

Dr. Zielonka is a Doctor of Chiropractic, holds a Bachelor of Science degree in chemistry, is a certified rehabilitation doctor, a certified occupational health consultant and is the Director of Health and Wellness Canada. He is the co-author of the World's Best Kept Health Secret Revealed, Volume 3 which pre-sold over 70,000 copies and the author of Healthy Beliefs – Deadly Choices which has gained notoriety world-wide. He is a lecturer and nutritionist and has made numerous television and radio appearances including spearheading the movement for National Health Day in Canada. He is the owner of the Ottawa Chiropractic & Natural Health Centre in Canada's capital, considered by many to be the premier centre for health in Ottawa.

His patients have included everyone from the world's fastest man, gold medal Olympic athletes, NHL, NFL and CFL players to past prime ministers, major corporations and being in the delivery room for newborn babies.

Dr. Zielonka, along with his wife Katherine, super-healthy daughter Breana and twin boys Tyler and Ryan, strive to make the world a healthier place.

OCNHC
OTTAWA CHIROPRACTIC & NATURAL HEALTH CENTRE

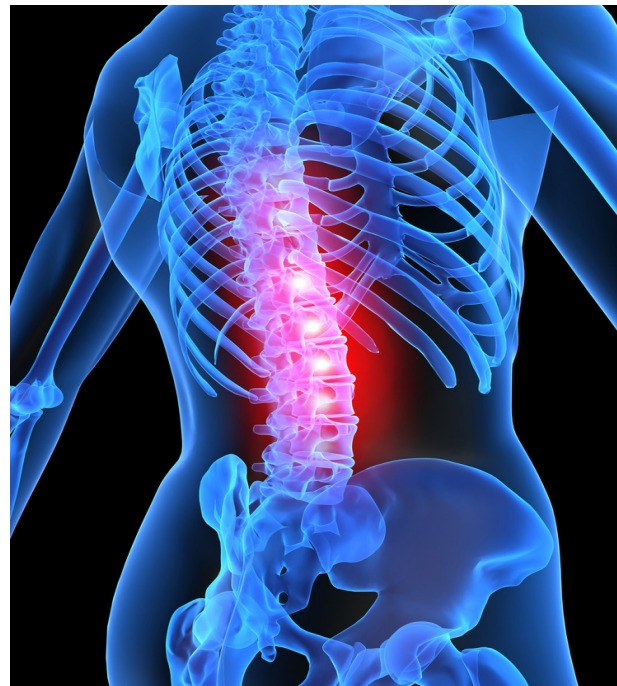


Dr. John Zielonka
World Exchange Plaza,
111 Albert St. Ground Floor
Ottawa ON K1P 1A5
(613) 688-1036

www.excellenceinhealth.com

**"OTTAWA'S PREMIER CENTRE
FOR HEALTH & WELLNESS"**

3 Things Everyone Needs to Know About Their Nervous System and Spinal Health



To find out more look inside...

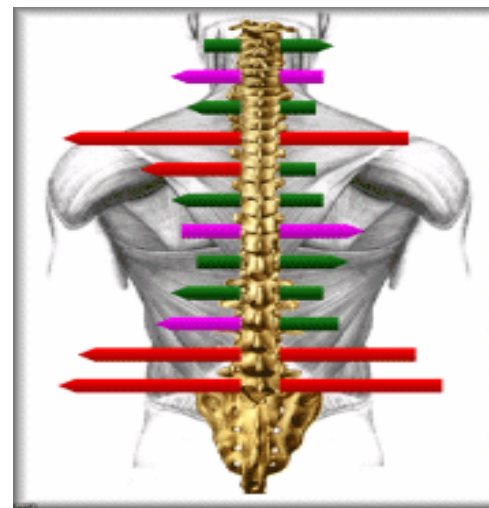
OCNHC
OTTAWA CHIROPRACTIC & NATURAL HEALTH CENTRE

1. Everyone Needs a Chiropractor for Life.

Regardless of your beliefs you still have a spine and nervous system. While you may never have been taught this, they are of vital importance to your overall health. Chiropractors are doctors who are spine and nervous system specialists. Could you “**get by**” without ever seeing a doctor of chiropractic? That all depends on how you define “**get by**”. You can also “**get by**” without ever exercising, with eating junk food, with little sleep and with a poor attitude. Just don't expect to be healthy. Your spine is like anything else. Anything you don't maintain will eventually create a problem. Imagine if you never brushed your teeth. You wouldn't be surprised when they started to fall out. Your spine houses your nervous system which is the master controller of everything that goes on in your body and controls every cell, every tissue and every organ. Unfortunately, we are all subjected to stressors such as chronic work posture, emotional stress, old injuries and postural imbalances which adversely affect the integrity of our spine and nervous system on a daily basis.

2. Being Pain Free is a Lousy Way to Judge Your Health.

While pain is a great motivator, most conditions begin long before you feel anything. Heart disease begins long before a heart attack, cholesterol builds long before any symptoms, and your cavity worsens long before the toothache. Only 7% of the nervous system can detect pain. While back pain, spinal problems and nervous system dysfunction are common, that doesn't make them normal. They are common because it's also common that people don't take care of their spines and maintain their nervous system integrity. You'd never think of not going for a dental or eye exam; why on earth would you not get a spinal exam? Proper chiropractic care, proper spinal stabilization exercises and proper nutrition are essential over the course of your life to optimize and maintain its function. After all, why would anyone want anything less?



3. Exercise is Essential but it's not Enough by Itself.

Isn't exercise enough to maintain my spine and nervous system? In a word, no! Exercise is one of the **5 Keys to Health** but it can't replace the other 4 (proper nutrition, optimum nervous system function, adequate sleep and healthy beliefs). One of the greatest myths shared by people who think they are healthy is that exercise is all you need. In fact, exactly the opposite is true. Exercising on a misaligned spine or pinched nerve can actually create damage. Imagine driving your car more but on misaligned wheels. What will eventually happen? Recent medical research shows that degenerative changes in the spine begin within 2 weeks after even minor spinal misalignment from everyday activities. Most of the world's top elite athletes likely exercise more than you ever will yet they all receive regular chiropractic care. Tiger Woods has been quoted as saying that his chiropractic care is as important as practicing his golf swing. Lance Armstrong takes his chiropractor on tour with him. Dan O'Brien, once dubbed the world's greatest athlete, states he couldn't have done it without chiropractic care. And don't forget MVP Hall of Famer Joe Montana's television segment on chiropractic to billions of people before the Super Bowl. If you don't have a chiropractor what do these athletes know that you don't?