

LifeForce Family Chiropractic

Doctor's Confession: "Please forgive me"

We understand and know that many doctors and patients have come to think that we "cure" people through the results that are obtained at LifeForce Family Chiropractic. However, Dr. Wade A. Lofton wants to confess something: he doesn't heal anyone. "I am not the healer; your body is the healer. In fact, your body was created from day one to heal itself and heal itself more efficiently if given the proper things."

At LifeForce Family Chiropractic, we don't crack your sore back or snap your aching neck into alignment. We are a neurological-based health care facility that focuses on getting to the cause of your health-related problems. We work with you to get your body healthy.

HOW DO WE DO THIS?

Our approach starts with a belief that your body has an inner wisdom, or innate intelligence, and life comes from this intelligence, which is expressed through your nervous system. When there is interference, or an "altered frequency" in your nervous system, you eventually develop tension; and, over time, that tension leads to subluxation, which is communicated to you as a wide variety of other symptoms.

The cause of this interference is stress, which the Centers for Disease Control and Prevention lists as the number one reason for many health problems people experience today. When the nervous system perceives too much trauma, muscles then tighten and those muscles pull things, like your spine, out of alignment (subluxation).

"When interference leads to subluxation, it can cause the body to break down and can result in pain, depression, addiction, or any symptom due to the body breaking down," Dr. Lofton explained, "But how many people know they have subluxation? No one – unless they are tested and the test comes back positive – which is why we at

LifeForce Family Chiropractic encourage you and your family to call us and get tested."

PATH TO HEALING

So what does the body need to start on the road to recovery?

Essentially, chiropractic care does not cure or treat any specific illness. "I tell my patients this all the time. In fact, I educate my patients that their body is the healer," Dr. Lofton says, "It is a fact that the body was programmed from day one to heal itself when you give it the proper things. The body always heals itself – just like it does if you have a cold, scrape or a broken bone. If you give the body what it needs, it will heal itself."

At LifeForce Family Chiropractic, we are guided by four principles:

- 1) Remove the nerve interference because you live your life through your nervous system.
- 2) Give every cell in your body proper oxygen through exercise.
- 3) Give every cell in your body proper nutrition. Have a rock star diet. Eat more foods that are alive than dead.
- 4) Put an abundance of alkaline (ionized) water in your body.

"If these four principles are followed, then you give your body what it needs and it will heal and regenerate more, rather than degenerate and break down," Dr. Lofton said.

TUNING INTO THE RIGHT FREQUENCY

What's your favorite radio station? If you are driving home from work and accidentally hit the radio dial, you hear static because you have created an interference in communication.

The same premise is true about your body. It operates on a certain frequency, but if the nervous system gets stressed or overwhelmed, it will start operating on the wrong frequency, resulting in

static communication. Clear communication is needed throughout the body so that it is in a state of being able to constantly heal and regenerate itself. To achieve that clear communication, all interference and subluxation needs to be removed. When that happens, great things start happening to your body!

You live life through your nervous system, so there needs to be proper communication on a cellular level. In other words, there needs to be clear cell-to-cell communication. Dr. Lofton tells his patients: "If your nervous system is healthy then you have the potential of being healthy."

When you are experiencing symptoms, your body is telling you it is breaking down. It doesn't tell you the cause; rather it is telling you something is wrong. Many people will go to the doctor and receive a diagnosis that requires drugs or surgery. But there is an alternative, which is to let your body heal itself by tuning into the right frequency with principled neurological-based chiropractic care.

The body needs four things:

- Water
- Oxygen
- Proper nutrition
- Cell-to-cell communication neurologically, which is why neurological-based adjustments are needed to make sure there is no interference between the brain and the body

Remember: Dr. Lofton is not the healer – your body is the healer! And from a Biblical standpoint, God is really the healer. Learn more about neurological-based chiropractic care at www.lifeforcefamilychiropractic.org, or call our office at 952-746-4404 and find out why people are traveling from all over the U.S. to receive life-changing results.

How did chiropractic care get started?

On Sept. 18, 1895, Dr. D.D. Palmer operated an office in downtown Davenport, Iowa. He was a healer, teacher and philosopher. He met the janitor of the building who was almost totally deaf. Harvey Lillard said he lost most of his hearing when he bent over and felt a "pop" in his neck or upper back. It had been 17 years since he could hear properly. Dr. Palmer examined the area and found a bump, which he determined was a spinal vertebra out of position. Harvey had noticed the bump, too, right after he lost his hearing. Dr. Palmer explained his knowledge of anatomy and physiology and convinced Harvey to let him try and fix it by pushing the bone back into position. It is uncertain whether it took one visit or several, but the result was Harvey's hearing was restored.

Dr. Palmer continued to work on other patients with a variety of other health problems and found spinal bones out of position and worked to put them back into position, too. He found each of these conditions responded well to the adjustments, which he was calling "hand treatments." Later he coined the term chiropractic -- from the Greek words, Chiro, meaning (hand) and practic, meaning (practice or operation). He is known as the founder of chiropractic.

Dr. Palmer discovered that the underlying problems of many of his patients was vertebral subluxation and practiced his new method of replacing misaligned vertebrae, thus allowing people to heal naturally. His practice grew and he renamed his clinic the Palmer School & Infirmary of Chiropractic. In 1896 he established the Palmer School of Magnetic Cure, now known as Palmer College of Chiropractic.

"Do not forget that chiropractors do not treat diseases. They adjust causes, whether acquired, spontaneous, or the result of accident."

Dr. D.D. Palmer

The founder of Chiropractic

Dr. Wade A. Lofton, DC • 952-746-4404

8734 W. Egan Drive • SAVAGE, MN 55378 • www.lifeforcefamilychiropractic.org