



Spizz your Brain!

Nurturing the Hardware of the Soul

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KEY POINTS OF THIS ISSUE

- Oxygen, glucose and stimulation are crucial to our brain
- Your spine and postural muscles, if healthy, constantly send nurturing input to your brain
- Poor spinal health stresses our brain
- Chiropractic adjustments help balance your brain

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The 3 Most Crucial Brain Nutrients

In order to function at its best, our brain requires many nutrients such as proteins, good fats, vitamins and minerals. But in order to function at all, your brain requires three crucial nutrients: oxygen, glucose (the simplest form of sugar) and environmental stimulation. In this issue, I will focus on the importance of the latest.

Your Brain Craves Stimulation

In order to function optimally, your brain needs environmental stimulation, which are as necessary as any other nutrients. Our brain is constantly stimulated by sounds, sights, touch, movement and a myriad of other environmental stimulations that come either from the outside world or from the internal environment (such as messages relayed from the organs to the brain).

Among the many types of stimulation that our world provide, one is more important than all the others: the stimulation from our postural muscles. Our body, in order to stay upright, needs to constantly adjust to the pull of gravity. This constant adjustments are made by our postural muscles and they provide a baseline stimulation to our brain because no one can escape gravity (except for astronauts). Gravity is constant. Other stimulations are not (for examples, your eyes are not stimulated when you sleep).

Not all stimulations are created equal

Some stimulations are great for us and they nurture our brain, such as the stimulations provided by our muscles and our joints when we move. Other types of inputs tax our brain for the worse, Messages from pain, tight muscle or nerves under tension are examples of stimuli that stress our brain. Faulty input from vertebral subluxations—dysfunctional areas of our spine that interfere with

communication in our nervous system — are also a source of strain to your brain.

Chiropractic Adjustments: Brain-Friendly Stimulations That Make You Feel Good.

For more than 100 years, chiropractors have recognized how our back muscles and our spine affect our brain. When your spine is healthy and move freely, it sends nurturing messages to your brain. When your spine is locked or under tension, it bombards your brain with poor stimulation.

Having a unhealthy spine is like eating junk food all day long. You might not feel that bad in a few days or weeks, but in the long run, it drains your health. A poor spine leads to a poor brain. This is why we use chiropractic adjustments. By bringing balance back into your spine, we bring your brain back into balance. Getting regular chiropractic adjustments is one of the best thing you can do for your brain.

In 1997, Professor Ted Carrick, a chiropractic researcher, showed that chiropractic adjustments strongly influenced our brain.

Adjustments are safe, make you feel good and are a great way to nurture your brain. They bring balance to today's lifestyle that too often tax our brains for the worse and make them age too quickly.



Le Dr Yannick Pauli is a chiropractor and Director of the Centre Wellness NeuroFit in Lausanne, Switzerland. He specializes in the natural management of chronic health problems which have not responded to traditional medical care.