

Why I Have to Get X-rays in the Office This Week: When the Doctor Becomes the Patient.

**DR. OSBORNE'S WEEKLY WISDOM
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Over 70% of oncologists wouldn't do chemotherapy. Medical doctors do not personally take over 99% of the drugs and procedures they give out. That's just incongruent. As a doctor I do everything I tell you to do. I'm practicing what I preach and preach what I practice achieving my full God given potential!

What controls every function and all the healing in your body? Your brain and nervous system. What is the job of your spine? To hold up your posture and protect your delicate nervous system. Most Americans get their eyes and teeth checked on a yearly basis but how many Americans get their spine checked and take care of it. Think about this. You could literally lose all your teeth and get dentures and be fine. You get ONE SPINE! There is no replacement!

So, I am due for my yearly nervous system check in the office this week. I want my spine and nervous system the best it can be because health is my most important asset. That's why I will get my X-rays taken this week, it's a must for chiropractic care. In a stressed, seated position. Every vertebra is marked and measured to the degree, I want no one guessing when it comes to how to adjust my nervous system! Then, just like you, I will be given solutions which are better than nearly any doctor's office in the world for correcting it. Here is the three steps to correct the spine in the office followed by exactly what I do.

Mix: This is where you warm up your spine. You can't mold candle wax without heating it up first. All of you do the wobble ball, some of you do the traction in the office. Some of you no longer need to do the traction, ask me if that's you.

Fix: THIS IS IT! This is what brings the miracles. You come into the adjusting bay, lay face down, and FOCUS ON HEALING. When I come in or Dr. Doss comes in we are focused on your brain and spinal cord and making the best adjustment possible to allow God to do the healing. (I don't want Dr. Doss to talk to me while he adjusts my brain stem!) Anything longer than 1 minute we are wasting your time. We turn on the power and God goes to work. When you flip on a light switch you don't stand there and rub the wall afterwards, you turn on the power and go. Powers on!

Set: During correction if you stop there what happens? It slides back out. The fine muscles and ligaments of the spine must be retrained to hold the spine and nervous system in the proper position. That's why we use weighting systems and vibe plates to retrain them. Don't do anyone else's weights, just the ones specifically assigned to you through the stress X-rays we specifically took for you. Many of you though, can now do this step at home.

I only do wobble and get adjusted now. Then I do my home care every day at home! Every year I get my X-rays, this week! Once you have reached your max correction point, which is different for everyone, then it is a way easier process. That's all it takes now that I have my spine corrected to keep it thriving! Many of you now don't even need traction or head weights in the office, its easy for you, its quick, because you put the hard work in already and now get to reap the benefits by maintaining it the rest of your life! Ask me to know exactly what your routine in the office should be.

Never quit taking care of the most important part of your health, your spine and nervous system.

Blessings, Dr. Osborne