

NAME: _____

DATE: _____



Chiropractic for Better Health

B N N U M T G V F H E A L T H
S I M S N N S A F E I X X X F
W A P Y I E T W N A D T C P O
W R P L B T R P X L F A I H J
J B E D I K E V Z S U D T Y N
G E B T O W S T E A N A C S U
F S U B Z D S S G S C P A I T
A D J U S T M E N T T T R C R
E M W D K L V R F Q I I P A I
N I A T N I A M I J O Q O L T
C H E M I C A L V I N P R K I
Q I E M O T I O N A L O I R O
Q E S I C R E X E M D N H N N
V G E F R E G U L A T E C B Q
U R E E Y Z Q H R V C E I Q E

ADAPT	REST
ADJUSTMENT	STRESS
ATTITUDE	FEELING
BRAIN	FUNCTION
CHEMICAL	HEAL
CHIROPRACTIC	HEALTH
EMOTIONAL	MAINTAIN
EXERCISE	NERVES
PHYSICAL	NUTRITION
REGULATE	

Chiropractic adjustments help our body deal with the stress we face by keeping our brain and nervous system working properly. When it works properly we can adapt to the physical, chemical and emotional stress we face and heal, regulate and maintain so we can function properly, feel well and stay healthy. It is only one part of our health however. We must also have good nutrition, lots of exercise, plenty of rest and a positive attitude so that we can be and stay our best.