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SANPETE CHIROPRACTIC

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During my thirteen years as a practicing Chiropractic physician I have been keenly aware of the importance of proper biomechanics in the human arena of wellness and expression. Kinetic motion is absolutely imperative and necessary for true health in individuals. When the movement of joints and articulations become compromised through sedentary lifestyle, trauma, stress, poor nutrition, poor posture and the aging process itself then a host of physical problems ensue. Accelerated osteoarthritis is a result of a poorly functioning and moving joint or spinal disc. Impaired nerve function results when spinal vertebrae and discs are not mechanically functioning as they were designed. Therefore, the importance of a properly moving spine and joints cannot be underestimated in the overall health and wellness of an individual.

Dave Hall has amplified upon this well known concept and has taken it to an even deeper level of application, that of the cellular level of motion. His cellsize system employs concepts of biomechanics and kinetics that will be most helpful to people of all ages.

It is known that 90% of the brain's active energy is expended on calculations and minor corrections in balancing and knowing where the body is in space at any given moment in time. Only 10% of the brain's activity is used in actual cognitive or thinking functions. This reality truly demonstrates the importance the brain places on knowing how every part of the body is moving and what position it is in. This also illuminates how much fatigue and dysfunction result in a person when the mechanics of the body are not in balance. Our society today would be much more vibrant, healthy and full of vitality if they paid more attention to getting enough kinetic exercise in a given day. Dave Hall's cellercise system is very proficient at focusing on this goal. Health and wellness will be the result of such activity if properly and consistently applied.

The CSF (cerebro-spinal fluid) pumping action that is created by spinal joint movement is essential to proper brain function and fluid dynamics of the spinal cord. Spinal disc health is bereft without the constant movement of water into and out of the discs themselves. In fact, the discs of the human spine consist of 80 percent water. This imbibing of water and nutrients in the spinal discs is wholly accomplished by the body's kinetic movements which act as a pump. Without such movement in the spine the discs starve, literally. Disc herniations and degeneration are highly intensified when improper or inadequate biomechanics of the joints exist. Dave Hall's system goes a long way in inducing and maintaining this most necessary motion in the human body.

Sincerely,



Jeffrey G. Hanks, D.C.

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-In 1993 Dr. Hanks served as President of the Utah Association of Chiropractic Physicians (UACP).

-Dr. Hanks graduated from Palmer College of Chiropractic-West in 1986 and has been in active practice in Utah for thirteen years.

Dr. Hanks currently practices in Salt Lake City and Manti, Utah.