

**COLOR PAGE**

Don't let your  
SPINE get on  
your  
NERVES!



**WORD FIND**

Find these things that may improve when subluxations are adjusted on a regular basis. Look up, down, forward and backward in the puzzle. Circle the words you find.

BALANCE  
(body) CHEMISTRY  
COMMUNICATION  
CONCENTRATION  
COORDINATION

ENERGY  
FLEXIBILITY  
HEALTH  
PERFORMANCE

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