

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

Powers & Jans Centre

The Experts on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Schmaltz



Dr. April Ruzycski



The Big White House on 6th St. just off Kingsway
737 - 6th Street SE

Ph: (403) 529-9069

Ask The Experts



on
Chiropractic
Care

Dr. April Ruzycski

THE SQUEAKY WHEEL GETS THE GREASE

We've all heard this familiar saying: "The squeaky wheel gets the grease." When it comes to your health, it's an absolutely true statement. Your body is constantly sending you signals about things that are not right with it. Don't you hear it? Listen – its telling you through pain, stiffness, discomfort, and a variety of other symptoms. These are your body's "squeaks." It wants you to grease the problems.

It becomes a big issue when we ignore the squeaks. The body starts to cry out. Louder. AND LOUDER. Until we finally pay attention. However by the time many

of us finally pay attention to our screaming bodies, considerable damage may already be done. Going back to the wheel analogy, ask a mechanic if it is tough to fix a wheel with a small squeak. He'll probably tell you, "No big deal." However let the squeak become a loud grinding and he'll likely say, "This is bad. It's going to be a big job to fix it. And it has also wrecked other things that are going to need to be repaired." Your body is no different. Little problems are easy. Once we let them become big problems it's a whole different story.

In our office, we daily hear the words, "I thought it would go away." People have been listening to their bodies squeak or scream at them for weeks, months, and even years. Finally the body has complained so loudly and so persistently that the person gives in and decides to do something. Unfortunately, by this time so much damage has already been done that the problem is no longer simple. It's become "a big job to

fix it." More than just a little grease is required.

Perhaps like many people, one of your New Year's resolutions is to be healthier in 2011. You can be. One of the first things you need to do is to listen to your body. If it has been screaming at you, don't wait another minute to start correcting the problem before it leads to other problems. If you aren't hearing any screams, listen closely for any squeaks. If there are any, resolve to look after them while they are still small. Correct them while the correcting is easy. Our experience is that things seldom get better on their own. The laws of physics confirm this. Without the application of energy, systems deteriorate to chaos.

As chiropractors we are trained to find the squeaks and correct them before they become big problems. So whether you have squeaks or big screaming problems, give us a call. We can help.

Can Chiropractic Help?

Headaches?

Neck pain?

Back Pain?

Call 403-529-9069
for a FREE Consultation

www.powers-jans.com