

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



The Experts® on Chiropractic Care:



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Ask The  
**Experts**®

on Chiropractic Care

**Dr. Wallace Jans**

### CHIROPRACTIC LIFESTYLE

The chiropractic adjustment is very effective and powerful in improving the health of the spine and also the overall health of a person. By freeing up the nervous system at the spine, chiropractic adjustments have a positive influence on the function of all the systems of the body. That's important for anyone with a desire to either become healthier or to maintain their good health.

As effective as chiropractic adjustments are however, they are just one piece of the health puzzle. To be healthy requires adopting a lifestyle that promotes health. If you get adjusted regularly but eat nutrient deficient food, you can't be healthy. If you eat healthy food but aren't physically active you can't be healthy. If you have a good exercise routine but don't get adequate rest, you can't be healthy. If you have restful sleep but don't get your spine adjusted, you can't be healthy. In order to have vibrant health, a person needs to put all the pieces of the health puzzle together.

While as chiropractors we focus on the health of

the spine, we recognize the importance of lifestyle for overall health. That's why we promote good posture, work place ergonomics, nutritional supplements, healthy diets, stress management, toxin avoidance, proper exercise, restful sleep, spiritual well-being, and other components that form a healthy, chiropractic lifestyle. It's about living a life that compliments our natural functions allowing us to be the people we were created to be.

The human body is remarkable at being able to function in adverse circumstances. Even though we abuse ourselves with physical, chemical and emotional stresses on a regular basis, our bodies usually continue to work for us. But over time these constant stresses deplete our reserves and gradually we are weakened. We become more susceptible to injuries and disease. But does this have to happen? My observation is that although it is common, there are many people who maintain vibrant health into old age. There seems to be one common factor. Those who live a healthy chiropractic lifestyle enjoy much healthier lives.

Changing your lifestyle is not easy, but it can be done. First assess how you are currently allowing your body to be stressed and don't just think of emotional stress, look at physical and chemical stress as well. Then seek ways to naturally work with the body to reduce the effects of these stresses and build it up to more effectively resist the stresses. As chiropractors we can help you achieve your goals to remain healthy or to become healthier. Give us a call today.

**CHIROPRACTIC**  
*can help you achieve  
your health goals*



Call 403-529-9069 today

for a **FREE** consultation

**Be the Best You Can Be!**

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