

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



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The Experts®
you need to know
on Chiropractic Care



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Is your body in balance?

Being in balance and being healthy means more than simply the absence of symptoms.

Does feeling well mean you are healthy? How often do you hear of someone who had been feeling "perfectly fine" and then "out of the blue" they fall sick and end up with a diagnosis of cancer? How is it that one morning you wake up with your tooth hurting and you have a cavity? Did the cancer or the cavity appear overnight? Obviously the answer is no – it had been there, under our radar. Our bodies are amazing creations with the capacity to function, regulate and fight below our level of consciousness. Most often our body fights and adapts to stresses without us ever knowing – this is an indicator of health. It is when our bodies are in a state of "dis-ease" that its ability to function at its optimal potential is compromised.

Symptoms are the body's smoke detectors signaling that something is wrong – they are indicators of an underlying problem. So often, as a society,

we "band aid" our symptoms with drugs; unfortunately though...these symptoms are not the result of a lack of Tylenol or Advil – there is a reason for them. After ignoring or suppressing our body's "smoke detectors", the fire grows and it is not until our body's "house is burning down" that we pay attention to the fire alarm going off.

The ability of the human body to heal and regenerate itself when it is functioning and coordinating well is remarkable. This quote by BJ Palmer, the developer of chiropractic, "The power that made the body, heals the body" – redirects our mindset to understand that health comes from within, our body's innate intelligence has the capacity to ward off illness if we give it the proper building blocks. If we are able to understand ourselves, early symptoms such as a sore throat or runny nose means you are over-stressing your system, and that we should take a step back to rejuvenate our bodies with nutrition, sleep, decrease stress and chiropractic adjustments. Then perhaps we can teach this to our children as well.

The difficult step is that we do not recognize many of the symptoms for what they are. This list is far from complete but may spark your mind to take notice of warning signs in children: difficulty feeding off of one breast more than the other, fussiness, darkening of the skin under the eyes, constipation and/or diarrhea, struggling to sleep, lethargic, mood swings/outbursts/agitation, poor balance and coordination, frequent colds or earaches.

Being in balance is synonymous to being healthy. The human body is an incredible self-healing entity. If the body is in balance – its potential to function is not compromised. Listening to our body's alarms and responding to them in a pro-active approach will speed the recovery process and prevent further damage and "dis-ease" within the body.

Let Chiropractic help you achieve BALANCE



Call 529-9069 today
for a FREE CONSULTATION



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