

Are You Missing Out on a Good Thing?

By Carlotta Holton



I imagine what your life would be like if you were truly well and pain free. Perhaps at present you can't sit for too long without pain or discomfort, so you avoid a favorite hobby or place. Or maybe you feel fine, except for those occasional headaches and fatigue. The good news is you don't have to sacrifice or compromise what you love doing just to feel "okay." You can have it all by going to a chiropractor.

IF YOU DON'T GO

Chiropractic care can be an important part of a wellness lifestyle. The nervous system controls the function of virtually every aspect of our lives. Maintaining a properly functioning nervous system is essential to be your very best.

"Unfortunately, pain is often the trigger that brings patients into the office," said Dr. Joseph Gulyas, Northeast Spine and Wellness, Balston Lake, NY. "But often before the pain is apparent, there may well be a loss of

nerve flow which isn't discovered until the pain strikes." Many people assume over time their pain will improve. But without intervention and removing subluxations, the truth is it most likely won't. And postponing spinal correction may lead to even more pain. A chiropractor may help prevent your injury from worsening or leading to other conditions. Your body's disrepair may also hurt in the wallet; you may lose time and money from work if you are not well.

THE CHIROPRACTIC DIFFERENCE

Traditional medicine may offer pills that will alleviate your symptoms. Chiropractic is based on finding and treating the cause of the problem and then maintaining wellness.

"Health is not just how you feel," said Gulyas. "You can feel perfectly fine and still not be healthy. Some conditions take 10, 20, or 30 years before they show any outward symptoms that your doctor may be able to identify. The process happens so slowly over time that we tend to accept these weaknesses as normal and go on, never knowing that we are missing out."

WINNING THE FIGHT

On his website, Dr. Fred Blum, StressBusters Wellness Chiropractic, Port Washington, NY notes that one can never get more wellness by fighting illness. "It's like trying to win the Daytona 500 by entering the Kentucky Derby. I don't care how fast your car is

... you're running around the wrong track. Regardless of how good your doctor is, how powerful the drugs you are taking are or whatever treatment you're currently on, they are still about your sickness."

KUDOS TO CHIROPRACTIC

Chiropractic has so many benefits to contribute to your wellness. It also affects your lifestyle. In *The Chiropractic Journal*, a publication of the World Health Alliance, Dr. Christopher Kent explains his testimony to the Senate Appropriations Committee. "Clearly there is a growing body of evidence that wellness care provided by doctors of chiropractic may reduce health costs, improve health behaviors and improve patient perceived quality-of-life."

Is your body up to speed?

The nerve impulses in the body need to flow at 300 MPH to be in normal working order. "You would never be aware of this fact. That's why ongoing chiropractic check ups and adjustments are an accurate barometer of a normal well-functioning nervous system. The speed or lack of, can pinpoint subluxations and with correction can lead to a healthy life." Dr. Joseph Gulyas, Northeast Spine and Wellness, Balston Lake, NY.