

Health Maintenance – Final Part



Don't Worry, It'll Just Go Away

The damage from the vertebra subluxation complex often builds up slowly and gradually. We're often so busy worrying about work, school or home life, or our friends and relatives, that we may forget about or simply ignore our problems, hoping they'll go away. Well, usually something does go away – our sensitivity. Our health problems may grow but our ability to feel them slowly fades into the recesses of our lives. The voice of sensitivity and pain (they unfortunately go together) become lost in the background noise of our busyness, our responsibilities and our thoughts.

What Is Health?

True health does not mean merely being symptom free – it's having your body working right, having good spinal alignment, restful sleep, strength and energy. If simply being free of symptoms were the only sign of good health, the aspirin, drugs and other medicines would make you healthy, and the people taking most drugs would be healthiest. But are they? Drugs don't make you healthy. They may reduce or alter your symptoms, but that does not make you healthy. What makes you healthy? Life makes you healthy. Having 100% life flowing through you, having a body free of vertebral subluxation complex so the energies from your brain can travel freely to every part of your body is what health is all about. And that's the goal of the doctor of chiropractic.

Will You Let Yourself Grow Old?

Look at the sick, old people around you. Do you think that consciously and willingly, they gave up overnight, the vibrancy in the sleep, the glow in their eyes, the energy in their being? The silent weakening, wearing down and stiffening of their lives did not occur suddenly but happened slowly, ever so slowly. No one wakes up suddenly older. It happens. Slowly. And when it does happen, we have to make a choice: to change or die. Too often we make no

choice. As part of the poet W.H Auden wrote “We would rather die than change...” Or will we live by the words of Dylan Thomas, who wrote to his dying father: “Do not go gentle into that good night. Rage, rage against the dying of the light!”