

Health Maintenance - What Is Health?



Nachmias
Chiropractic

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Do You Have To Get Sick Before You Get Healthy? Why Wait?

Are you waiting for illness to strike before you attend to your health? Can you and your loved ones start on a path to better health now, before illness rears its ugly head? Yes you can! Chiropractic can help you in your goal even before any obvious symptoms of disease surface. Don't forget – symptoms may be the last stage of a disease process. By the time you have the ache or pain, or high blood pressure, heart or kidney problem, possible years of body malfunction may have gone by. Your doctor of chiropractic can correct the vertebral subluxation complex in your body now, helping to approve your body function today to help prevent you from getting sick tomorrow.

Like Dental Care

Chiropractic care is like dental care. Just as you should see your dentist regularly to prevent small problems from becoming large ones, so you should see your doctor of chiropractic for the same reason.

Vertebral Subluxation Complex

An unhealthy spine, one with the vertebral subluxation complex, weakens spinal muscles, ligaments, cartilage, discs, spinal bones and nerves. This unbalances your body, causing fatigue, lack of energy and vitality, premature aging, weakness and lowered resistance to disease.

Early Signs Of Spinal Stress

What are some of the early minor signs of the vertebral subluxation complex? One of the first signs of a spine out of balance is lack of energy or fatigue. Other signs may be one shoulder higher than the other, a foot flaring out when you walk, more ease on turning your head or back to one side than the other and uneven wearing out of the heels on your shoes. Pain is one sign that something is wrong of course, but it may arise long after initial subluxation first appeared.

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.

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Chiropractic Is As
Important As
Dental Care!



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