

Today's Chiropractic Weekly Handout

New Beginnings

Dr. Charles M. Laycock

The time is always right to begin returning to good health. Regardless of whether your issues involve weight, exercise, diet, blood pressure, diabetes, or chronic pain, **now is the time to begin taking action on your own behalf.**

You are not alone. Literally hundreds of millions of people worldwide have various chronic complaints and illnesses. Some problems are more serious than others, but everyone eventually wants to find a better way to manage their health problems. **Eventually everyone wants to actually begin to be healthier and feel better.**

Of course, a healthy diet and regular vigorous exercise are the key elements in any process of returning to good health. People know this, but for the most part this knowledge alone does not do any good. The deep truth is that feeling good and actually being healthy takes a lot of effort. It's much easier to pick up dinner from a fast food restaurant than to spend precious time planning and shopping and preparing meals. It's much easier to spend 30 minutes watching the news for the third time that day than to put on your workout clothes and go for a brisk 30-minute walk.

We are all slaves to our habitual ways of thinking and habitual ways of living. Just as in physics, people have inertia. **Newton's First Law of Motion states that a body at rest stays at rest and a body in motion stays in motion, unless it is acted upon by an external unbalanced force.** We will do the same things we have always done, achieving the same results we have always achieved, unless we make an active choice to engage in new thinking and new activities.

By the way, no one is going to make any lasting changes in their lifestyle - for example, by choosing a healthy diet and daily exercise - merely because someone told them they needed to do it. **Real change, lasting change, has to come from within, from your own personal choice.**

When a person is actually ready to choose to revamp her lifestyle with respect to achieving good health, there are many possible steps to take. **Healthy eating, exercise, adequate rest and Chiropractic care to maintain a healthy spine and nervous system are important and critical components of an overall health improvement strategy.**



What A Dime Will Get You!

Research by Dr. Suh at the University of Colorado has shown the effect of a small amount of pressure on the nerve roots exiting the spinal column.

He found that pressure equal to the weight of a dime could decrease the amount of nerve energy flowing along the nerve by as much as 60%!!!

Imagine a vital organ such as the heart getting only 40% of its normal nerve energy!

Many conditions of ill health could be the result of long-term effects of deficient energy to the vital organs



Today's Chiropractic
614 S. 225th Street
Des Moines, WA 98198
206-878 BACK (2225)
www.todayschiropractic.net

Office Hours:
Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm
Tues: 8:30am-12pm & 2:30pm-5pm

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