

Today's Chiropractic Weekly Handout

What's In Store For Your Next Ten Years?

Dr. Charles M. Laycock

What does the future hold in store? None of us can know with certainty, although some predictions are possible. Stock market indexes will rise. Then they'll fall. Then everyone will hope that the indexes will rise again. Hemlines will fall. Then they'll rise. Then in two or three years they'll fall again.

The French have a saying for all this - plus ça change, plus c'est la même chose. **The more things change, the more they stay the same.** In fact, things have changed a lot in 10 years. The Internet exploded. Cell phones are everywhere. In the United States an African-American man was elected president. Longstanding dictatorships were toppled in the Middle East.

The next ten years have the possibility of being even more gloriously impactful. Things do not necessarily remain the same. The actress Betty White has reinvigorated her career at age 89. Jeff Bridges won a Best Actor Academy Award at age 61, highlighting a 40-year career. The 2010 Best Original Screenplay Academy Award went to the 73-year-old first-time winner David Seidler. Leon Russell, the beloved musician/songwriter, was recently inducted into the Rock and Roll Hall of Fame. Well into his 60s, Russell observed that he had been "lying in a ditch on the side of the highway of life" when he his career was suddenly, unexpectedly resurrected by Elton John.

In the next ten years, for us, anything is possible. But in order to move beyond the "same old, same old" we are required to make a choice. Another old saying, **"if it's going to be, it's up to me"**, remains true today. We need to make choices on our own behalf, choices that will further our growth and development and the growth and development of our loved ones. **We can create a spectacular next ten years!!**

Miss An Issue
Of The Weekly Handout?
Get Them All On Our
Web Site!!



Chiropractic Care and the Next Ten Years

It is very possible to have a rewarding, fulfilling life when one's health is not good. But most people would acknowledge that good health, or at least improving health, helps to make the road much easier. With good health one has more energy, and with more energy one can do more things.

Chiropractic care addresses many components of good health and helps a person achieve good health from a holistic or global perspective. Chiropractic care primarily focuses on the spinal column and nerve system. Improving spinal biomechanics and optimizing nerve system function improves energy levels throughout the body. Chiropractic care helps reduce pain, so you can get more out of your exercise. Chiropractic care helps makes rest more efficient, so you can get more out of your time spent sleeping.

The many benefits of chiropractic care help you achieve higher levels of health and wellness. Chiropractic care supports all your other activities and endeavors in the field of health care.

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

~ Serving Our Community Since 1990 ~