



### Heroism and Health Care

The mainstay of many television dramas is the heroic, lifesaving that takes place in hospitals. Whether the main character is a crusty, ill-tempered doctor, over-confident emergency room intern or a compassionate surgeon, the underlying message is the same: medicine saves lives.

And it does. But it isn't health care.

True, the fragility of life creates the theater necessary to hold the attention of viewers, so it can be sold to advertisers—the primary purpose of television. But what's missing from these fantasies is the fact that our so-called health care system is burdened by expensive, heroic measures delivered in the last six months or so of life. These procedures are often used to treat disease states caused by neglect or poor lifestyle choices.

I mention this because true health care isn't heroic. Unless you consider getting adjusted on a regular basis heroic! Or eating a salad instead of a burger. Or climbing the stairs rather than taking the elevator. But if you do, you're a hero in my book!



### "I didn't tell you this, but..."

Those who see chiropractic as merely a treatment for headaches and back pain overlook the more significant role that chiropractic can play in overall health. Since we focus on the integrity of your nervous system, and your nervous system controls every bodily function, chiropractic care has often helped resolve a variety of non-spinal health problems.

Let's say someone has high blood pressure. At first glance it appears to be a circulatory problem. But not so fast!

It's the brain that controls and regulates every bodily function via nerve messages sent back and forth over the spinal cord. Nerve interference along the spine can produce a variety of health problems. Correct the spinal problem and other problems often improve.

Does that make chiropractic a treatment for high blood pressure? Of course not. The intent of chiropractic care is to restore the function to a compromised nervous system. Instead of 'side effects' the happy result are 'positive effects.' Throughout your body!



### Food For Thought

It's no secret that our highly "civilized" western culture is experiencing alarming rates of obesity. Especially among children, who are the largest (no pun intended) consumers of fast foods. Millions spent on advertising, action figures and catchy jingles make fast-food icons the most recognizable figures on the planet.

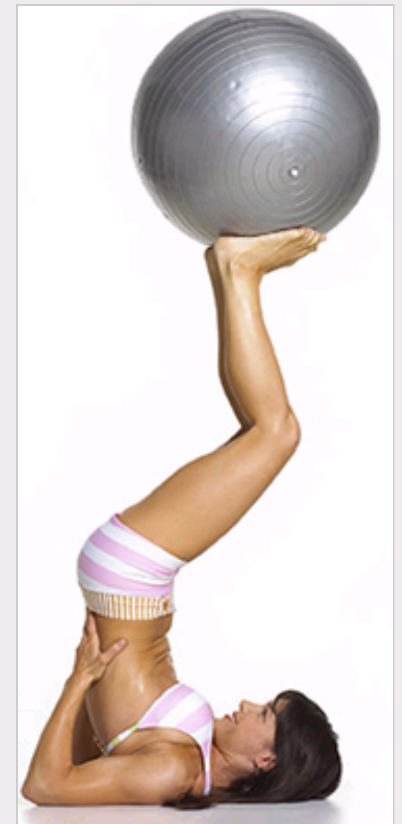
The younger you are, the more likely you are to eat at a fast food restaurant. The typical person eats at a fast-food restaurant 9.2 times monthly! And it's not just what we eat,

but *how* we eat it. Eat more slowly since it can take your brain up to 20 minutes to register that you're full.

Most of us spend upwards to 90 percent of our allotted food budget on processed foods. That's a prescription for disaster. To enjoy optimal health, not only do you need an interference-free nerve supply, but you'll want to make raw foods the majority of your total daily food intake.

### Knowing Where to Adjust

It's tempting to think of the spine as 23 parts. Or three different regions. Instead, we see it as an integrated whole. Since your spine is designed to help you deal with gravity, a problem in one area is often offset by a problem in another. We call these compensation reactions.



For example. Someone complaining of low back pain can often have even a more profound problem in their upper neck. But it hasn't produced symptoms. Yet. Their head misalignment is producing the problem in their lower spine. As we adjust their neck (where there are no symptoms) it can better support the weight of the body and the low back pain resolves!

One more reason why you can't judge your health by how you feel.