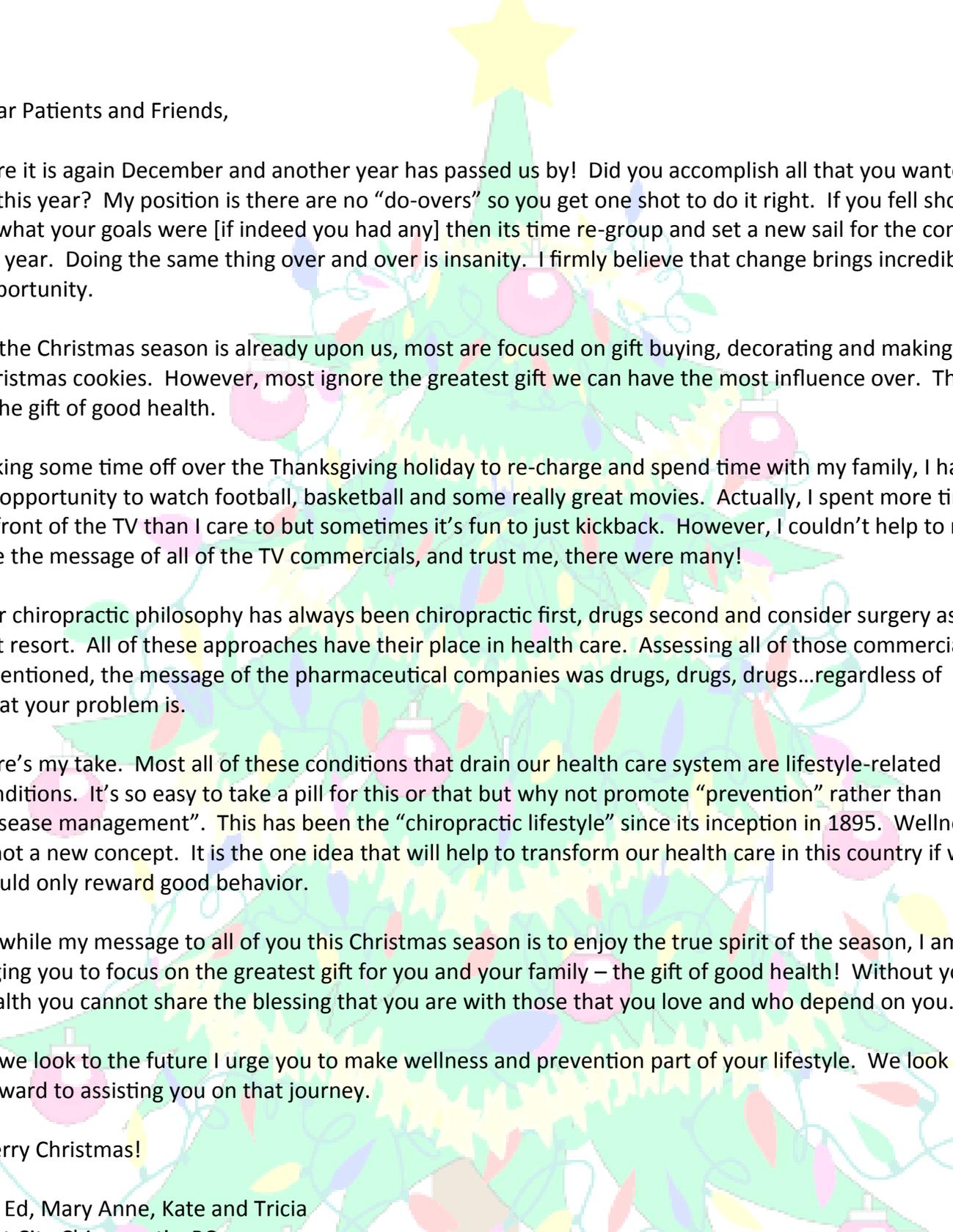


# December '15 Wellness Letter



Dear Patients and Friends,

Here it is again December and another year has passed us by! Did you accomplish all that you wanted to this year? My position is there are no “do-overs” so you get one shot to do it right. If you fell short of what your goals were [if indeed you had any] then its time re-group and set a new sail for the coming year. Doing the same thing over and over is insanity. I firmly believe that change brings incredible opportunity.

As the Christmas season is already upon us, most are focused on gift buying, decorating and making Christmas cookies. However, most ignore the greatest gift we can have the most influence over. That is the gift of good health.

Taking some time off over the Thanksgiving holiday to re-charge and spend time with my family, I had an opportunity to watch football, basketball and some really great movies. Actually, I spent more time in front of the TV than I care to but sometimes it’s fun to just kickback. However, I couldn’t help to notice the message of all of the TV commercials, and trust me, there were many!

Our chiropractic philosophy has always been chiropractic first, drugs second and consider surgery as a last resort. All of these approaches have their place in health care. Assessing all of those commercials I mentioned, the message of the pharmaceutical companies was drugs, drugs, drugs...regardless of what your problem is.

Here’s my take. Most all of these conditions that drain our health care system are lifestyle-related conditions. It’s so easy to take a pill for this or that but why not promote “prevention” rather than “disease management”. This has been the “chiropractic lifestyle” since its inception in 1895. Wellness is not a new concept. It is the one idea that will help to transform our health care in this country if we would only reward good behavior.

So while my message to all of you this Christmas season is to enjoy the true spirit of the season, I am urging you to focus on the greatest gift for you and your family – the gift of good health! Without your health you cannot share the blessing that you are with those that you love and who depend on you.

As we look to the future I urge you to make wellness and prevention part of your lifestyle. We look forward to assisting you on that journey.

Merry Christmas!

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