

JULY'18 WELLNESS LETTER

Dear Patients and Friends,

Summer fun is what it is all about! Already we have had patients tell us they got their pool opened, planted their garden, cleaned up their yard for a graduation party, went camping and hiking, poured a concrete slab, went to Disney World, sat in a bag chair at the fireworks.... The list could go on and on and on. Just think about what you've done in the recent weeks that was out of the ordinary in regards to your activity level.

When patients come to the office with an injury or a flare-up, they ask: "What do you think caused this"? I'll play detective and back track their activity level to try and find out what could have been the triggering factor. Often times it's like a lightbulb moment and then they realized what they did. However, often times we cannot pinpoint the trigger for this episode of care.

I try to remind everyone that nervous system irritation is caused by: physical, chemical and emotional stressors to the body. We are bombarded by these stressors daily. Our body's ability to adapt to these stressors is under the direct control of the nervous system. This is why as a Doctor of Chiropractic we focus on the spine to locate areas of misalignment/dysfunction and remove nerve irritation with a chiropractic adjustment to allow the body to function more normally and adapt to its environment and the stressors we encounter. An adjustment releases the body's innate or inborn potential to be well promoting healing naturally.

Regular chiropractic adjustments are essential to good health. Our office Vision is: "**Inspire others to better health**". We are committed to being the leader of a wellness lifestyle in our community. It is a team effort though and taking an active role in your health is the first step!

Have an exciting and safe summer!

Dr. Ed

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