

June '17 Wellness Letter

Dear Patients and Friends,

Usually in June I prompt you to evaluate the health goals that you set back in January and assess where you are at on that journey. I might also remind you to be warming up properly before doing yard work, golfing or other outdoor activities. However, we all know our unusually wet spring has literally put a “damper” on those activities.

I thought I'd address another topic instead for June: **SYMPTOMS**. Two weeks ago, Mary Anne and I were headed to Albany for a wedding as one of my roommates from chiropractic college had invited us to his daughter's wedding. It was an incredibly beautiful wedding to say the least! We had just passed Utica, N.Y. on the NYS Thruway when all of a sudden my tire pressure light went on showing all 4 tires lit up! Quickly I had Mary Anne look up in the manual what this means. (I can't say that I was very calm about this either). She read that all 4 lights on at once meant that “2 or more tires had lost pressure” so my first thought was that I hit something in the road along the highway. I envisioned having a flat tire on the Thruway in the pouring rain and being delayed or worse, not being able to arrive in time for the wedding in Albany.

I pulled over at the next rest stop and everything looked fine and no tire appeared to be going flat, yet. So we got back in the car and kept driving. Luckily we called ahead to a dealer in Albany to see if they could check out our tires and make any necessary repairs and get us to the wedding in time. The dealer was very accommodating and told us the sensor for some reason had gone off and they checked all tires and all was fine. They reset the sensor and we were off and had more than enough time to make it to the wedding.

So now you ask – what does this have to do with me? Just like a car has tire pressure sensors and sensors for everything else, so does your body. My tire sensor went off and I was alerted to it and I immediately had this checked out. What do you do when your body's sensor goes off? If you're like most people you initially ignore it. “It'll go away”. If it doesn't, you medicate it to “cover it up”. When that no longer works and the medication cannot cover up your warning sensors any longer, **SYMPTOMS** show up again and persist!!!! When that happens and it interferes with your normal lifestyle activities, panic sets in. Often times, that's when patients show up in our office for treatment that may take longer than if they had listened to their body and their body's “warning sensors” initially.

Take a moment and listen to your body. Are you experiencing pain or stiffness? Are those headaches becoming more frequent? Do you have a lot of energy? Do you rely on medication to cover up symptoms just so you can make it through the day? What activities can you no longer do because of these symptoms?

We are here to help. Don't wait until “the tire goes flat”. Invest time and effort into your health. As my friend Dr. Bob told me at his daughter's wedding: “blink and time flies by”. What are you waiting for? Why sit on the sidelines when chiropractic care could be the key to a healthier and happier you? Call us today!

Make it a great day!

Dr. Ed

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