

Family Chiropractic

Courtesy of Harbourfront Family Chiropractic

by Dr. Warren Gage



Chiropractic and wellness

Chiropractors are well known for their effectiveness in helping millions of people recover from neck and back pain, but less is known of how spinal adjustments improve the function of the nervous system.

The nervous system is the master control system of your body. If it is not adapting or fully communicating to every cell in your body, you are not functioning at your best. Nerve interference often does not immediately produce a symptom such as pain or numbness, but this interference prevents your health from being 100 per cent.

It is for this reason you do not have to be ill to get well. Chiropractors believe optimal health is about fully expressing yourself physically, mentally and emotionally from a place of trust. The chiropractic wellness lifestyle is not about covering anything up; rather it is about empowering you to fully integrate everything that life offers.

Chiropractic spinal adjustments allow your nervous system to fully express itself and keep you at your best. Being at your best is to fully experience all that life has to offer, being happy, conscious and vibrant.