

## **Family** Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### **Does chiropractic treat disease?**

When chiropractors observe that chiropractic care has helped people with virtually every type of health problem known to man, some mistakenly think that means that we treat disease.

Nothing could be further from the truth.

The fact is, we locate and reduce nervous system disturbances (usually along the spine) that interfere with your ability to be fully you. Being fully you includes everything from turning, bending, walking and sleeping to breathing, fighting infection, digesting food and healing a cut.

When the integrity of your nervous system is restored, your body is more likely to work as it was designed. Sometimes that capacity returns quickly. For others whose healing ability is limited by stress, poor nutrition, negative emotions or other factors, it comes more slowly. And for a few who have neglected their health for years, progress can be so incremental as to appear ineffective.

Please don't blame chiropractic when results come slowly. Likewise, don't credit chiropractic when success comes quickly. It's your body that does the healing. What you *bring* to the table is actually more important than what we do *on* the table!