

Family Chiropractic

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



Function to dysfunction

Because you and I have a physical body, we're subjected to various laws of the physical universe. Among them, the second Law of Thermodynamics states that things go from order to disorder.

You may have noticed this with objects. Over time your closet gets cluttered, your lawn becomes infested with weeds and car parts wear out. With neglect, this happens to our bodies as well.

Various forces such as gravity, poor diet, lack of rest and exercise, negative attitudes and countless other stresses, cause our bodies to break down. Fortunately, we have an internal force that constantly works to counteract these external forces. (Our ability to heal is related to this internal force.)

Turns out, this inborn intelligence of our body housed by the nervous system—the focus of chiropractic care. How is your nervous system functioning? To find out, book an appointment with a chiropractor.