

Family Chiropractic

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



Health is not an accident

When we get sick or experience various aches and pains, it's tempting to look for causes outside ourselves. The most convenient culprits:

Bad luck. Accidents often fall into this category—being in the wrong place at the wrong time.

Germs. Blaming a cold or the flu on germs overlooks one critical ingredient—being a hospitable host!

Genetics. The newest fall guy is having “bad genes.” Yet, research shows that gene expression is a reaction to our environment.

Thankfully, we live in a world of cause and effect. Every symptom has a cause. And as tempting as it is to look to outside causes, many health problems are the result of our own choices, beliefs and habits. Sometimes the effects can take decades to appear.

Ill health is not an accident, but the result of your body's inability to accommodate physical, chemical or emotional stress. Similarly, good health is not an accident. Good health results when your body works the way it was designed—orchestrated by your nervous system. See a chiropractor to ensure your body is working correctly and your nervous system is functioning at “optimal health.”