

Family Chiropractic

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



How well do you adapt?

Have you ever thought about the difference between something living and something dead? What changes the moment that we, our pet or a tree stops living?

Scientists know that one of the things that distinguishes something that is alive from something that isn't, is its ability to adapt to its environment. A rock doesn't adapt. Nor does a fence post. But we do if we're alive.

We generally take it for granted, but moving out of the path of an approaching vehicle, perspiring when it's hot or squinting in the bright sun are all adaptations. These and the many other ways we adapt to our environment are governed by the integrity of our nervous systems - the focus of your chiropractic care.

While many see chiropractic care as a source of neck and back pain relief, our interest in your spine is because it protects the most vulnerable part of your nervous system. Nerve interference along your spine can wreak havoc with your ability to adapt, accommodate and respond to your environment.

If chiropractic helps you with an ache or a pain, we're delighted. Sometimes less obvious is its ability to help you adapt and optimally perform mentally, physically and socially... which is the true definition of being healthy!