

Family Chiropractic

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



Overdraft protection

Think of your health as a bank account. You can make deposits (good nutrition, exercise, proper rest, chiropractic care, etc.) and you can make withdrawals (neglect, stress, pepperoni pizza, over doing it, etc.) Like your bank account, if you make more withdrawals than deposits, you get some expensive overdraft notices from the bank.

Low back pain and pain down your legs? It's an "overdraft" your body is sending you. Headaches? A bounced check. Numbness and tingling down your arm? A service charge from your health "bank."

Many people begin chiropractic care because they're overdrawn and their health bank has levied some harsh fees. These penalties serve as a reminder that they haven't been making adequate deposits.

If you've lost your health, you'll need to make some immediate deposits into your account to get yourself out of the red. We call that 'Relief Care.'

Then you have a choice. You can neglect your account and suffer a relapse and more service fees later. Or, continue making deposits into your account, building up your balance and giving yourself some breathing room. Think of that as 'Corrective Care.' The smartest option is to continue making still more deposits, opening up a savings account that can serve as a buffer you can call upon in moments of stress. We call that 'Wellness Care.'

What's the balance in your health account?