

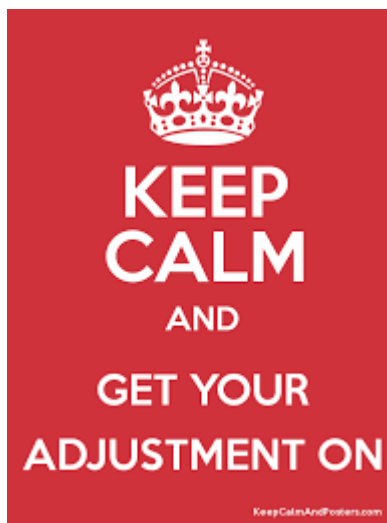
Wellness and getting there!

The key to being healthier is to get started, we always seem to be putting it off, maybe tomorrow I will change what I eat, do more exercise, my new year's resolution is to.... Why not start now?

Just doing one thing a day can make a significant change in your wellness, choose the thing that you are most concerned about and change that, it doesn't have to be a big thing but it will have a flow on effect. Eating healthy for even one day will make your body healthier and you will feel better and it is always easier to continue once you feel better! And if you continue to do this regularly then it becomes habit and you will notice the ongoing effects of your changed habits, and your attention becomes focused on the feeling good and doing healthy things becomes more enjoyable!

Often the 'thing' that makes us want to make a change is a symptom – symptoms are messages from your body telling you that you need to change things, for many of us we can treat our bodies very badly and still feel ok mostly, but then after a while we notice that it is hard to do things because we feel fatigued or 'flat' and then we start to look at what we are doing. Symptoms are not always bad, often I find myself talking about the response of the digestive tract to 'spoilt' food, this results in food poisoning which is bad right? NO – your body is doing exactly what it should and rejecting the bacteria that is present in that bad food and getting rid of it, this includes the temperature that may accompany the other symptoms of food poisoning – this temperature allows your body to kill the bacteria that remain, so while this may seem like a bad thing it is really important to not suppress your body's immune response with medications but rather support it while it does the RIGHT thing and rids you of the cause of your ill health.

Chiropractic helps your body communication between brain to control the functions to their optimum recovering the way you the message from your brain system not working function of your spine maintain optimal health and be the best it can be so that completely!



by maintaining the clear your brain and body allowing your application of all of your immune level, if you find that you are not think you should it could be that is being muddled by your nervous optimally, by improving the chiropractic allows your body to allows that immune response to you recover quickly and

As DD Palmer (founder of chiropractic) said 'there is a vast difference between treating the effects and adjusting the cause' – chiropractors and your body adjust the cause – medications treat the effects.

SPECIAL THIS MONTH – ALL CHILDREN UNDER 13 NEW PATIENT VISITS AT REGULAR PRICE

SANDERSON CHILDRENS ZOO MULTI – VITAMINS RRP \$24.96 now \$20.00

For more information on any of the above feel free to call the chiropractic health centre on 063777277 or pop in and see us!



The
Chiropractic
Health Centre

The Chiropractic Health Centre – 1 Jackson, Masterton

Phone : (06) 377 7277

Fax: (06) 370 9465

Email: info@cchiro.co.nz

The Chiropractic Clinic – 188 Main Street, Greytown

Phone : (06) 304 7071

Fax: (06) 370 9465

Email: info@cchiro.co.nz