

Is Chiropractic a Lifestyle or a Treatment?

Basic Concepts

How long does it take to develop a hole (cavity) in your tooth? Do people suddenly wake up one morning with diabetes, cancer and heart disease? What color were the red bars on your scan before they were red? You know the answers to these questions already. We don't lose health overnight. **Losing health is a process, not an event.**

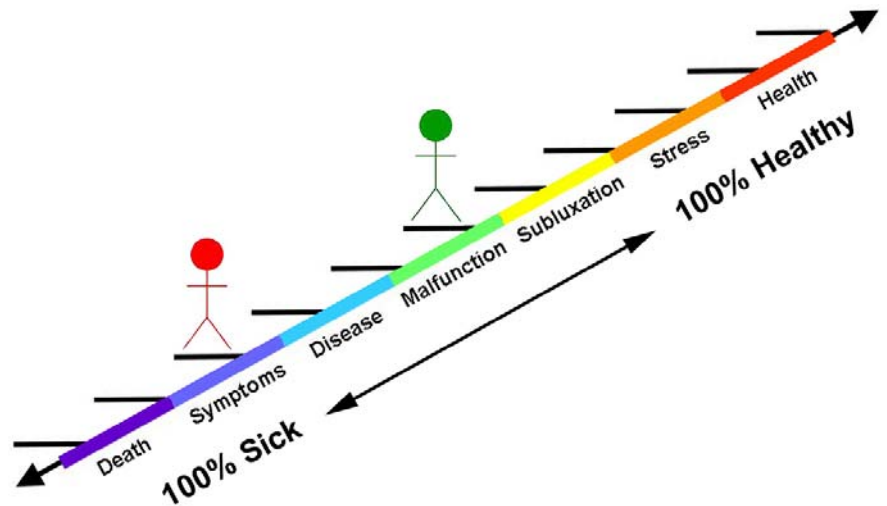
Is Healing a Process or an Event?



If you fell and broke your wrist, you would go to the local emergency clinic where the orthopedist would x-ray your wrist, set the bone, cast your wrist and send you home. If it felt better the next day and you went to the clinic to ask if they would remove your cast, what do you think they'd say? They would laugh at you. Why? How long does it take the bone to heal? In a healthy teenager with a simple wrist fracture would take 4-6 weeks for the bones to heal and the cast would have to remain on for the duration. At the end of six weeks they remove the cast. Would your wrist be 100%? Would you be able to do everything that you were able to do before the fracture? No, it will take at least another 4-6 weeks to strengthen and stabilize the wrist joint. Now suppose you are a 53 year old woman who slips on the stairs and suffers a complicated fracture of the wrist. Now we are talking about 3-4 months to heal the fracture and another 3-4 months of rehabilitation. So when we recommend your initial care in our office we consider your age and the extent of damage to your nervous system. Our recommendations include the time to heal and time for strengthening and stabilizing the spine to prepare you for wellness care. Why? We don't heal overnight. **Healing is a process, not an event. Chiropractic is a Lifestyle, not a Treatment.** What changes are your willing to make in your lifestyle for better health next year?

Would you Rather be Beautiful or just Not Ugly?

If you study the diagram to the right, you can easily see that health never stands still but is either moving in a constructive or destructive direction. Symptoms come later after subluxation, malfunction, and disease. The presence or absence of symptoms doesn't tell you in what direction your health is moving. For symptoms to develop, your health has to move far enough in a negative direction over time. There are only two ways to relieve symptoms. First the **red man** could take a pill, powder, potion, or have surgery. While this might bring him comfort, it won't turn the direction of his health around. In fact, his health could still be moving in a negative direction while he feels better. The other way to reduce his symptoms would be to turn the direction of his health around and move him in a constructive direction toward the **green man**. While this would relieve his symptoms, would the **red man** then be healthy or just not sick? He would not be enjoying 100% health but he would have moved far enough in a positive direction that his symptoms are gone. Is the **green man** healthy or just not sick? How about you... **would you rather be healthy or just not sick?**



Being healthy requires the continuous movement of health in the right direction. If you wanted to lose 30 pounds in several months, you might join a gym, change your diet and begin working with a personal trainer. After three (3) months you are in the best shape in years and you lost all the weight. Now what? Quit the gym? Discontinue your new healthy eating habits? Fire your personal trainer? Of course not, you would have to continue what you have been doing just to maintain your level of health. What needs to happen once your symptoms have gone is to ensure that your health improves over time rather than begins to deteriorate over time. Instead of trying to get rid of things you have that you don't want (symptoms and disease) we want to shift your thinking to gaining the things you may not have that you want (100% health). Seeing your chiropractor occasionally because you have a headache or a backache is crisis care. Maintaining regular chiropractic care to remove nerve interference, improve function, and build health is a lifestyle. A wellness lifestyle is the opposite of crisis care. While one allows the continual expansion of health, life, and human potential, the other merely alleviates symptoms. **Which will you choose?**

Edison Chiropractic
Wellness Center
Dr. Sean T. Edison
105 S. Pearl Street
Tecumseh, MI 49286
423-WELL

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