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Volume 1 Issue 1 Summer 2014

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GEO CHIROPRACTIC CLINIC News

A HEALTH AND WELLNESS NEWSLETTER

www.geochiropractic.com

In This Issue:

Your Info & Here You Go

What Everyone Needs

How Long Do You Stand

When It Feels Like A Pinch!

This Month's Exercise

A Warm Welcome...

Dear Patients and Friends,

Welcome to the Geo Health and Wellness Newsletter. Our goal is to keep you informed on the latest breaking developments in health and wellness and to give you the best recommendations so you can make informed decisions regarding the health of you and your family. We will explore topics vital to wellness and longevity as well as inform you of the dangers you may face in your battle to be and stay healthy. We will also include the references for you to review, so that you can make educated decisions toward your health and wellness.



THE FIRST KEY

to natural health is good posture and proper maintenance of the spine and nervous system. This is the foundation of health because life is electrical and flows through the nervous system which regulates and controls all other systems of the body.

We live our life through the nervous system. If the spine is in align and functioning properly there will be no interference on the nervous system and you will have optimal health potential. This is why chiropractors recommend regular periodic spinal check-ups.

We are the only health care profession that detects, corrects or reduces vertebral subluxations. (Misalignments in the spine)

Let us begin our sojourn by asking the question, really, what is health? According to the World Health Organization the definition of health, "is a state of complete physical, mental, and social wellbeing, not merely the absence of disease or infirmity." The goal of optimal health, therefore, is not to wait for your sickness and disease to come along, but to maintain the health and wellness of the body in the first place. With the rising cost of health care in this new millennium it will pay to stay healthy and cost more and more to get sick. It is time the country adapts a health and wellness paradigm and get out of the old paradigm of sickness and disease. The best way is by educating our patients and the public on how to be and stay healthy in the first place. That is the sole purpose of this newsletter



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