

#329 Wellness Transcript

Wellness Brochure

Header: Wellness

Subhead: And the Chiropractic Lifestyle

Photo: Smiling woman with groceries

Photo: Runner jumping over hurdle

Caption: Wellness care is for those who want to be and do their very best.

HOW TO BE YOUR VERY BEST.

Today, more and more of us are interested in a higher level of health called wellness. Beyond merely feeling better or preventing health problems, we want to fully enjoy life by being at our very best mentally, physically, and socially. True health is only possible with an optimally functioning nervous system.

Many think that health is merely the absence of pain or symptoms.

DO YOU WANT TO BE YOUR VERY BEST?

A wellness approach to better health means adopting a variety of healthy habits for optimum function on all levels—physical, mental, social, and spiritual.

Because of its focus on the nervous system, chiropractic care can be an important part of a wellness lifestyle. The nervous system controls the function of virtually every aspect of our lives. So, maintaining a properly functioning nervous system is essential if you want to be your very best.

Few things as complicated as your body can be "fixed" and then ignored. That's why your chiropractic doctor will recommend a schedule of regular chiropractic checkups. Like maintaining your teeth, your car, your family, or your faith, maintaining the integrity of your nervous system requires an ongoing investment.

Those who want the very best, add regular chiropractic care to their other health practices. The pleasant result is often more vitality, endurance, and the capacity to enjoy life to its fullest.

Photo: Cornucopia of healthy foods

Caption: Good nutrition, exercise, chiropractic care, and other preventive measures are part of a wellness lifestyle.

Photo: Chiropractic adjustment

Caption: True wellness starts with an optimally functioning nervous system.

Photo: Child praying

Caption: While chiropractic care can help with the integrity of your nervous system, remember the emotional and spiritual aspects of true wellness.

Photo: Older couple dancing

Caption: The pleasant result of chiropractic care is often more vitality and endurance.

THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

References