

Maintaining Good Spinal Health is an Ongoing Process

Imagine when you were born you were given a shiny, new car. You were told this car had to last your entire lifetime, it was the only car you would have and that many of the critical components were irreplaceable. How would you care for this car? Would you inspect it regularly with loving maintenance, or wait for the engine to seize before checking the oil? Most likely, you would look after this car like your life depended on it! Your life does depend upon the health and well-being of your spine, and your spine has to last a lifetime.

Many families choose to benefit from regular chiropractic care because they recognize the value and wisdom of good spinal hygiene. They understand a healthy spine begins with correct, balanced posture and normal spinal alignment. They know incorrect spinal alignment affects the nervous system, increasing susceptibility to many health problems. They appreciate that poor alignment also causes premature aging through accelerated spinal decay, disc and joint degeneration, reduced muscle function, and loss of mobility, energy, vitality and general well-being. Above all, families who choose regular chiropractic care understand that maintaining spinal health is an on-going process, as necessary as good dental hygiene or regular car maintenance.

The goal of chiropractic care is to *keep people healthy*. Unfortunately, many people wait until they are in pain before going to their chiropractor, unaware that spinal conditions, like other health problems, can be symptom-free for weeks or years before pain develops. These people mistakenly confuse health with absence of pain. Think: if simply being pain-free meant you were healthy, and then wouldn't painkillers make you healthy? The healthiest people would be those taking the most painkillers!

The reality is true health does not mean simply being free of symptoms. Ask anyone who has survived a sudden heart attack. Preventative care, whether it's for the heart, teeth or spine, helps detect and correct silent problems before a crisis occurs. On the other hand, the "crisis management" approach to health is analogous to waiting for the engine to seize before checking the oil. It is painful, costly and usually preventable. Regular chiropractic care can help avoid health crises, and provide the foundation for a wellness approach to healthy living.

Do it for yourself. Do it for your family. *Do it because it's smart!*

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