

THE
HOUSE OF
HUMAN POTENTIAL



LIVE FOR THE NOW

How many times have you heard the saying, 'Live for the now'?

Quite a few times I suspect and I am the last person to disagree with that sentiment. None of us know what tomorrow holds for us and way too many of us live our lives thinking, 'Everything will be okay when this happens,' or 'Things will change when that comes along.' The problem is that none of us know whether 'this' or 'that' will happen at all, let alone when it will happen.

With this in mind it makes perfect sense for us to live our lives for the moment and enjoy every second because, as we know, life is a gift to us all. Sure we need to plan for the future, but often the future will take care of itself if we make the most of now and make our lives happen now.

Time is a factor in so many situations. We have been brought up in a media driven world, where advertisers are constantly trying to influence us. Many of these take the 'now' philosophy to the extreme – 'For immediate pain relief take Zap-it'.

Fast food restaurants strive to deliver our burger and fries at an even greater speed than before, and anti-ageing creams even try and turn back time! How many of us would buy into that idea if it were really possible?

But some things such as healing need time and there is little we can do to speed up the process. For example inflammation of a disc (the soft pulpy shock absorber between your spinal bones or vertebrae) typically takes two to four days to calm down.

Repair to soft tissue damage can take anything between two and six weeks. It is important that we respect these time factors because the human body can be the greatest healer of all if it is given the time to carry out its healing.

In addition to the time-factor, the nervous system requires appropriate assistance to carry out the healing process. Disc inflammation and soft tissue damage are often caused by a misalignment of the spine, leading to a subluxation where the nerve is interfered with and irritated. If ignored or inadequate treatment is provided, the problem can go on and on and in some cases even get worse.

This kind of problem poses three challenges. The first challenge is to rid the patient of their pain. This can often be done relatively quickly. The second challenge is to correct, strengthen and rehabilitate the spine to the best of its ability. The third challenge is to keep it that way.

A series of chiropractic adjustments is often the best option to assist the nervous system in these three challenges.

Although time is a factor in such cases, often between two and four months of care, chiropractic is an excellent way to correct the condition and return to a life where you can really enjoy the here and now.

To make an appointment please call TODAY on the number above and speak to our Front Desk staff who will be happy to help.