

## How do you know if you're healthy?

What is health? How would you describe good health? If your answer included “feeling good or “how you feel”, please read on...

Do you think it's possible to feel great and be very ill? Take a look at the following 3 scenarios:

1. Do you know anyone with diabetes? As long as they are taking insulin they feel good, but they have a very serious disease that will shorten and affect the quality of their life.
2. Have you ever had a friend who felt great and went for a routine mammogram, PAP smear or even a lung x-ray only to receive bad news several days later?
3. Have you ever known someone who seemed to never have a sick day in his life and suddenly dropped dead of a massive heart attack? He felt great the day before.

This point is that you cannot base health on how you feel, because how you feel is not a reliable guide. You can feel great and be very, very ill.

What do these 3 examples all have in common? They all describe a body that isn't working or *functioning* right.

So, if we can't base our level of health on how we feel, what should we base it on?

The World Health Organization definition of health is this: “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

Note that there is nothing there about how a person *feels*, it is about how a person *functions*. It is the nervous system that controls the function of the body. The nervous system transmits messages from the brain to all parts of the body to regulate their function. As long as there is no interference to a nerve and subsequently the nerve signal, the body has the potential to function at 100%. If there is any interruption to, or lessening of, that nerve signal, then the body will not function properly.

Chiropractors look for subluxations – misalignments in the vertebrae that can disrupt the normal nerve flow – and remove them with an adjustment. Once the vertebrae are properly aligned the complete nerve signal can resume, feeding and regulating all organs, glands, and systems of the body. Picture a garden hose, water flowing through to the end where a constant, steady stream exists. What happens if you step on the hose, or crimp it somewhere between the faucet and the nozzle? The once steady, smooth stream of water now sprays erratically out the end. Or think of static on a phone line (the “old” landlines!). If the wires were compromised in any way, the result was static on the line – an unclear signal. The same is true for your nerves. If something is pinching, stretching, or irritating a nerve (a subluxation), then the signal at the end will be unclear – and wherever that nerve is going to cannot *function* at 100 % because it is not getting the full signal from the brain to do its job.

So, do you think you are healthy? Is your nerve system free of interference? How do you know? We have the techniques and technology in our office that can detect disturbances to your nervous system. It is only by these means that you can truly know how your body and nerve system are *functioning*. If there is interference, and examination shows subluxation, Chiropractic is the answer.

Don't simply rely on how you feel as your determining factor of how healthy you are.