



ACTIVE LIFESTYLES CHIROPRACTIC

& physical therapy

Investing in Your Health (Newsletter August 2008)

In times of economic uncertainty like the present time, it is more important than ever to invest in your health and future.

Most of us are being financially squeezed from every angle and keeping ourselves above water has become a daily chore. Unfortunately, history has told us that most people will sacrifice their own health to maintain their most valuable possessions (homes, cars, boats, etc.) and pay off their credit card debt.

However, what most don't immediately realize is that gambling with their health can cause ever more serious consequences when it comes to their financial situation. A sick person is unable to work, and more so, a sick person without healthcare insurance is less likely to visit a doctor's office in a timely fashion and therefore prolonging the illness and ultimately the financial strain.

Our forefathers were right when they said "a stitch in time saves nine." The same should hold true for our health. There is no better time to take care of our health or make positive changes in our health as today. Everyone should be taking positive steps to protect and improve their health with exercise, a balanced nutritional program and supplementation, if necessary.

Here is a success story that could have resulted in a financial disaster. I had been treating a patient for several weeks for arthritis of the hip and related problems when he expressed an interest in my nutritional program. He was mainly concerned about his wife who was using a magnifying glass to read fine print and expressed difficulty seeing the road signs when she drove her car. She was started on supplements and expressed immediate benefit within a week. Her husband was skeptical of the immediate benefits but she eventually proved it to him by reading fine print without a magnifying glass. In general, results don't happen that quickly but sometimes do. The limiting factor is usually the body's ability to repair itself. Can you imagine the financial, emotional and quality of life cost if it weren't for a husband's concern and desire to help? Can you imagine going blind and doctors telling you they can't help? The husband was further convinced after reading a recent article in the local paper on the benefits of supplementation on eyesight by Dr. Donahue.

The medical cost of degenerative diseases (such as heart disease, diabetes, bone and joint problems and other diseases that cause premature aging and death) are astronomical whether you have insurance or not. The pro-active alternatives such as exercise, good nutrition and supplementation are relatively cheap in comparison. At Active Lifestyles, we can customize a program to meet your needs. Our services include chiropractic, acupuncture, physical therapy, massage therapy and nutritional counseling.

Best in Health,
Dr. Res.

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