

## **A good workout is not as good as an adjustment**

**Question:** Is a good workout as good as an adjustment?

**Answer:** A program of good physical exercise can have a positive influence on your health. But it is not a substitute for chiropractic care. A healthy diet rich in vegetables fruits and fresh water can have a positive influence on your health but they are no substitute for chiropractic care. A healthy mental attitude with meditation and peace has a positive influence on our health but they are no matches for the importance of a chiropractic adjustment.

Some people incorrectly believe that they can solve their spinal problems with good workouts. If that were true, bodybuilders and weight lifters would have perfect spines. However, these and other athletes have found chiropractic care to be a valuable part of their training program.

The chiropractic adjustment specifically is geared towards balancing the nervous system, which controls every cell, tissue and organ in the body. Every system in the body is dependant on the nervous system. Proper nutrition, exercise and mental attitude play essential roles in our holistic health model but without a healthy nervous system they will fail every time.

There is no substitute for regular chiropractic care. If you have never had your spine and nervous system checked by a chiropractor it is time to do so. If you have not seen your chiropractor in a while it is time to make the call for an appointment today.

**Quote of the week:** *“I don’t think change is stressful. I think failure is stressful.”*

– Bob Stearns