

## **Floss your spine**

**Question:** Why is prevention and maintenance of the spine so vital to our health?

**Answer:** Let's compare this to dentistry and flossing. When asked about the importance of brushing and flossing, many dentists observe, "Just floss the teeth you want to keep!"

Typically, most tooth brushing reaches only about 70 percent of tooth surfaces. The 30 percent below the gum line is a breeding ground for disease and bad breath.

Every day you take measures to maintain your teeth and gums. You probably visit your dentist's office once or twice a year. How come no one says, "Once you go to a dentist, you have to go for the rest of your life"?

The fact is, your spine requires maintenance too. As do your skin, ears, fingernails and hair. Just think of what you put your spine through each day! A stress-filled job, poorly designed chairs, repetitive motions, a lack of exercise, a sagging mattress and countless "micro-traumas" that accumulate over time. Your spine, and the nervous system it protects, is being constantly assaulted by the way we live our busy lives.

Spinal maintenance involves daily stretching, a personal awareness of your postural environment, proper rest and diet. While a way to "floss your spine" hasn't been invented, a visit to your chiropractor is even better. If it's been a while since your last visit, give your chiropractor a call. Catch the problems before they become serious.

Prevention of disease to the spine should be the number one priority of general health maintenance considering it controls the rest of the body and all its functions.

**Quote of the week:** *“Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use.”* ~ Earl Nightingale