

Patients can help in the healing process

Question: How can I assist my chiropractor in helping with the correction of my spinal problems?

Answer: There are many ways in which you can assist your chiropractor with the healing process and maintenance of your spine and nervous system.

1. Have confidence in your chiropractor's decisions and treatment. Being aligned with the same goals and strategies for your best potential health provides a sense of team effort.
2. Drink plenty of water. Consuming six large eight-ounce glasses of water daily provides enough water to nurture your muscles and organ systems as well as flush out toxins.
3. Stretch daily. Allow motion to joints to move fresh blood supply through all your tissues enhancing the bodies natural healing processes. Yoga is a wonderful mind-body balancing stretching art that supports spinal functions.
4. Minimize exposure to toxins into your body. Eat intelligently, avoiding excess sugars, empty carbohydrates, fried-fatty foods, artificial colorings, pesticides, and chemicals. Avoid smoking or smoky environments. Reduce alcohol and or drugs if they are habits.
5. Communicate openly with your chiropractor. Let him or her know of any stressful changes in your life or any positive results of the treatment.
6. Keep a positive outlook on life. Read or watch inspirational and motivational books and movies. Avoid the negativity of TV newscasts and commercialized advertising.

7. Meditate or rest your mind daily so it doesn't get overtaxed.
8. Laugh out loud and laugh a lot. Life is short so find the things in life that are fun and indulge.
9. Be responsible for your life and health and don't blame any misfortune on others or become a victim.

Quote of the week: *"Success doesn't come to you ... you go to it."* - Marva Collins