

Achieving Wellness

By Dr. Cale Copeland BSN, DC

Real Health Care

Chiropractic is not for diseases but for people. No matter what symptoms your body may be expressing, you always need to a healthy spine, IF you desire to live your fullest potential and have an active vibrant life. Chiropractic is not a treatment for migranes, digestive problems, asthma, or back and neck pain. It is designed to remove vertebral subluxations from the spine. A subluxation, also known as a spinal fixation or misalignment, impairs vital nerve transmission necessary for the proper function of every cell, organ, system, and tissue in the body. Although most people consider chiropractors back doctors, we are only interested in the spine as a means of normalizing nerve function as the spine's primary function is to protect the spinal cord. The same power that creates life heals life and it is constantly flowing through the spine via nerves. The vertebral subluxation is also accompanied by soft tissue swelling, inflammation, and range of motion restriction.

Subluxations are caused by three types of excessive stress. Physical stresses such as C-Sections, falls, MVA's, and sports accidents are a few examples. Another kind of stress is emotional stress such as abuse, toxic relationships, or faulty perceptions of life. Finally, there are chemical stresses such as sugary refined grain diets, toxin exposure, or improper fat intake. Subluxations are typically present for years before symptoms such as pain can appear. "Maybe it will go away" are 5 dangerous words because typically it gets worse, becomes harder to treat, costs more to fix, and most importantly saps your potential.

Chiropractors are the ONLY healthcare providers that are able to analyze the body for and correct the devastating damage of subluxations.

"Let your spine and Chi run free, be subluxation free." - Dr. Cale Copeland

Relationships and Health (Part I)

Psychologists Nathaniel Branden and Robert Sternberg suggest the following 10 keys to keeping both partners content, satisfied, and happy:

- 1. Tell your partner you love them:** Although actions speak louder than words, words often speak more *clearly* than actions.
- 2. Show some affection:** Small acts of physical intimacy, such as a little touch, give your partner a warm feeling and convey the love and affection you feel for them.
- 3. Show appreciation for your partner:** Let your partner know on a regular basis what it is that you like most about them, what you admire, what makes you proud, what their strengths are in your eyes.
- 4. Share yourself:** Don't keep your likes and dislikes, dreams and fears, achievements and mistakes, or anything else to yourself. If it's important to you, share it with your partner.
- 5. Be there for your partner:** It's obvious what you need to do when your partner faces a major life challenge like the loss of a job or the death of a loved one, but it's just as important to be supportive when your partner faces life's little challenges, too, such as an argument at work, a rough commute, or a misplaced cheque.
- 6. Give gifts:** Take advantage of opportunities to give material tokens of your love. Just the right book picked up at the bookstore, a special dessert, a piece of jewelry or clothing you noticed at the store - anything small or large that tells them you were thinking of them.

7 through 10 will be in next month's issue ☺



"The power that made the body heals the body"



Our mission is to improve the quality of your life and help you reach your fullest potential

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