

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

Powers & Jans Centre

The Experts on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Schmaltz



Dr. April Ruzycki



The Big White House on 6th St. just off Kingsway
737 - 6th Street SE

Ph: (403) 529-9069

Ask The Experts



on
Chiropractic
Care

Dr. Wallace Jans

POTHOLES

Pothole season came early to Medicine Hat this spring. Given the ideal growing conditions, we've certainly had a bumper crop of potholes this year. Driving my wife's Smart was like trying to navigate a battlefield. During the warmer parts of the day, the city attempted to patch some of the bigger craters. For many weeks they were fighting a losing battle. A few freeze/thaw cycles and the holes came back; only bigger than before. The only way to really fix the road is to resurface it completely. Patched roads are never as nice to drive on as those that have been resurfaced. Patched roads also

break up much more easily under the stresses of traffic and weather.

This reminds me very much of what I see happening in the lives of many of my patients. They have a health issue and work very hard initially to get rid of the symptoms. They have their spines adjusted, they exercise, they take nutritional supplements, they get massages and laser therapy. Behold they feel better! Just like the patched road, life is smoother. But like the patched road, their bodies are not strong. A few stresses and their symptoms are back again. Like the pothole, the problem is often worse when it returns than it originally was.

Just like resurfacing the road is a better long term solution, continuing doing things that will heal and strengthen the body is the best thing for us humans. If it took chiropractic adjustments, exercise, nutrition, massage, and laser to patch the problem, it will

mean continuing to do those things until the problem is fully corrected. It means changing one's focus from symptoms to health. It means taking a long term view. Although the cost may be higher initially, the long term benefits of an improved life actually reduces future expenditures. It means focusing on the body, even when it isn't screaming with symptoms. Everything we do every day affects us positively or negatively. Become aware of how the body is affected and make choices for long term benefit.

If your health journey has been one of just patching the problems, now may be a good time to consider correcting your problems so they aren't always returning. We can help you become healthier for the long term by correcting your spinal problems and guiding you to a better lifestyle. Call us today for a free consultation. May your roads be smooth.

Can Chiropractic Help?

Headaches?

Neck pain?

Back Pain?

**Call 403-529-9069
for a FREE Consultation**

www.powers-jans.com