

# Powers & Jans Centre

The Experts on Chiropractic Care:®



Dr. Rick Powers



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Ask The **Experts**®



on  
Chiropractic  
Care

Dr. Wallace Jans

### THE RESULT OF NEGLECT

Around the house, neglecting to do maintenance can be very costly. Think of a little plumbing leak that doesn't get fixed. The slow dripping will gradually cause surrounding structures to rot. Molds form and their spores cause a host of health problems. What could have been prevented with a small amount of time and money becomes a colossal project costing thousands of dollars and a large amount of time to repair.

The scenario is similar for your car. Doing regular maintenance can be inconvenient and cost some money, but this is nothing compared to the inconvenience and cost of a major breakdown. If the car's brakes fail not only will there be damage to the vehicle, but possibly to the occupants of the car and other innocent people.

Neglect of houses and cars are not the only things that can result in costly consequences. Neglecting to look after your body is also very detrimental. Loss of health costs are measured in reduced productivity, the inability to

enjoy life, suffering from symptoms, as well as the escalating cost of treatment.

Although chiropractors are often perceived to be back doctors, our real focus is to help people to lead healthier lives. Spinal health is a big factor in overall health because the spine is a common site for problems which affect the nervous system. Health is impossible without a properly functioning nervous system. Spinal health is an area that is very neglected by the majority of our society.

Although spinal health has a profound effect on a person's overall health, it isn't the only thing chiropractors help people with. We try to look at the body as a whole unit and help people in a holistic manner. That means assisting people with nutrition, exercise, sleep, and stress management. Helping people adopt lifestyles that promote health rather than hinder it is what we try to do. It means that we encourage people to think differently about what health is and how to achieve it.

The first step toward becoming healthy is to stop neglecting your body. If you are healthy now, do the little maintenance things so you don't develop big problems down the road. If your health is not good, stop neglecting to do things which will move you toward health. Perhaps 2012 can be the year you turn the corner toward better health.

We can help you to become a healthier you. Call today for an appointment.



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*Can chiropractic improve  
your quality of life?*



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