

Powers & Jans Centre

The Experts® on Chiropractic Care:



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The Experts®
you need to know
on Chiropractic Care

Dr. Wallace Jans

IT'S ABOUT LIFESTYLE

In past Experts articles, I've talked about the importance of a person's lifestyle in determining their state of health. Because it is so crucial, I want to explore this topic again. There is an ongoing debate about whether genetics or environment (often lifestyle factors) has the greater impact on a person's health. While there is no doubt that genetics can profoundly impact health, the relative importance of lifestyle cannot be minimized. Poor health habits can negate even the most robust genetics and healthy habits can often minimize the effects of genetic deficiencies. Often when genetic damage exists there are still metabolic pathways present that can counterbalance the defects if properly supported. Just because you have a family history of heart disease, diabetes, arthritis, back problems or many other conditions, doesn't necessarily mean you have to suffer from these conditions as well.

A healthy lifestyle is something anyone can develop. It means learning how to eat well, sleep well, move well and think well. It's the cumulative

effect of thousands of little things that we do on a regular basis, never a single thing or event. Life is a series of decisions. With each one we need to ask ourselves whether the choice we make will improve our health or harm our health. Eating french fries for lunch today likely isn't going to harm you, but repeatedly eating them will. Choosing a salad instead will definitely provide more nutrients. Would the creamy dressing or simply using oil on the salad be the healthier choice? Should you have sugar in your tea or drink it black? Cake for dessert or a piece of fruit?

The same decision making process applies to all areas of life. Watch TV or go for a walk? Go to bed to read or to sleep? Hang out with people who complain about everything or meet up with someone who has a positive outlook? Will the choices I make today lead me to be healthier tomorrow? Every decision we make to take the healthier route makes subsequent decisions in that direction easier. Each time we take a walk makes it easier to do the next time. Eventually we may even come to enjoy our walks. Extra sleep may become more valuable than finding out "who dun'it". Not listening to the latest gossip takes a weight off our shoulders.

Choosing regular chiropractic care is an important lifestyle decision. Having proper spinal alignment and mobility assures that the nervous system has the best opportunity to work properly. The nervous

system controls the function of everything in your body and is vital to being healthy.

Developing a healthy lifestyle will not remove every malady from your life, but it will make your life better. Chiropractic care can be part of your healthier life. Call 403-529-9069 today for a free consultation.

Can chiropractic care help you to be a healthier you?



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