

Would you rather be healthy? Or just not sick?

Rich... or just not poor? Happy.. or just not sad? Do you see the difference?

For those of you that are unfamiliar with my practice and what we do, I own Yost Family Chiropractic and work with hundreds of people and families every single week to help them reach their health goals.

I find that so many people have settled. Settled for “just not sick”. If that’s you, it’s important to realize that “healthy” and “just not sick” are NOT the same thing. Let me explain.

Healthy is defined as a complete state of physical, mental and social well-being and not merely the absence of disease or infirmity.

Sickness is defined as a condition of being; illness, a disease or malady, nausea, or a defective or unsound condition. Sickness typically consists of a set of outward symptoms that you are experiencing. Symptoms show us that the brain and the body aren’t working together (and possibly haven’t been working together for awhile). Symptoms are like the peak of the iceberg, and the question would be.... What’s underneath what we see?

You get one body, one life.... and what you do for your health RIGHT NOW determines your quality of life in the future. Don’t wait until you’re “sick” to get checked by various providers. So many doctors, from dentists to optometrists to chiropractors and massage therapists offer “wellness screenings” to see how well your brain and body are working together. Schedule your check ups now and see how well your body is functioning.

PS - Don’t leave your kids behind. *An ounce of prevention is worth a pound of cure.*

----Written by Dr. Heather Yost

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