



## Bringing Back the Balance: A Chiro Mom s Perspective

Written by Lisa DeNardo

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I believe we are all seekers by nature, looking for answers that resonate deeply within us. Quite possibly these answers reside in the unmapped areas of our own truth. These answers might not necessarily be what the Q ctor would order, but in- stead are what might make sense to us as individuals. I try to listen to my heart when making decisions for myself, my children and my body. Our hearts hold a deep knowledge that is sure to guide us in the right direction if we take

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When I know that I need to slow down and focus on the things in my life that mean the most to me. All of the other stuff can wait. Similarly, our bodies find numerous ways to call us back to a place of overall well-being. Fevers ward off nasty intruders, diarrhea rids our body of harmful toxins, and major illnesses alert us to make major dietary and lifestyle changes. It is in these places of distress that we have the opportunity to strengthen our core, as well as to take a hard look at what life means to us. Everything happens for a reason and our bodies are constantly working toward a state of balance. Remembering how our body does these things to protect itself, we can trust that it can also heal itself properly without forced intrusion.

Chiropractic is one of the most profound forms of holistic healthcare that my family and I have experienced. When we visit the chiropractor, we receive a gentle adjustment, correcting subluxations and bringing our bodies and minds back to a place of balance and clarity. When our bodies are in balance, they can function at optimum levels. When our spines are aligned we can grow and thrive as we were intended to, warding off unnecessary illness and discomfort. We also feel at peace with ourselves and our surroundings when our minds are clear. This mentality gives my family freedom and ensures that our bodies are always functioning well.

Our bodies are our vehicles in this lifetime. Just as I treat my family gently and with respect, it is natural to treat my body the same way. Chiropractic provides a gentle approach to healthcare, nurturing us inside and out, and helping us to be the best we can be. Outside my body is my family; outside my family is society. As a whole we make up the world. If we take the time to nurture ourselves, our bodies and our children, we can affect the world as a whole and the future of the planet. The next time you feel out of balance or under the weather, take a few moments. Listen to what your body truly is saying.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

Thomas Edison

