

A Message from our Editor, Issue #06 - "Chiropractic Today, for a Better World Tomorrow"

Written by Jeanne Ohm, DC

Wednesday, 01 June 2005 00:00 - Last Updated Thursday, 03 April 2014 07:56

"Chiropractic Today, for a Better World Tomorrow"

There is a saying in chiropractic: "Chiropractic Today, for a Better World Tomorrow."



from the editor JEANNE OHM, D.C.

There is a saying in chiropractic: "Chiropractic Today, for a Better World Tomorrow." When we personally improve our own lives with chiropractic care, there is a huge ripple effect on the lives of our family, our community and then, yes, our world. We cannot separate the physical benefits we experience under regular chiropractic care from our improved emotional, mental and social changes. Once we experience healing changes on these levels, the transformation reaches far beyond our own personal selves.

When we talk about the chiropractic family wellness lifestyle, we are talking about a philosophical approach guiding the choices we make in our lives. The essence of the chiropractic philosophy is acknowledging that the human body is a self healing organism with the wisdom to know what is best at any given time. The science of chiropractic recognizes that the nerve system controls all body functions and by reducing nerve system stress, we allow this intelligent directive to achieve its goal of health and well-being. Understanding this philosophy and science offers us the confidence and assurance to accept and expect wellness.

The chiropractic family wellness lifestyle is therefore optimizing our body's ability to adapt and function at it best

and making those choices that support our body's natural, inherent ability to be well. The options are numerous including the foods we eat, the exercise we engage in, the rest and relaxation we afford ourselves, along with many other choices that affect our health. Included in these options is our choice for regular chiropractic care for our whole families with the purpose of enhancing all systems and functions of our bodies. For each of us, these choices vary according to our individual needs and perspectives. As we examine our choices in life that affect us, it is necessary for us to choose from a place of trust and confidence in the body's wisdom to be well. There are no rules, no rights and wrongs, no judgments—just a perspective of trust to be applied to each situation we and our families experience every day. It is our hope that Pathways offers you additional choices and opportunities so together we can contribute to global wellness.

Many blessings,
Jeanne Ohm, D.C.

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