

A Message from our Editor, Issue #04 - True Wellness

Written by Jeanne Ohm, DC

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True Wellness

Health care today is going through a paradigm shift from a symptom, disease based system to a function performance based system. Emphasis for care is being placed on the individual's ability to regain and maintain a state of well-being. Practitioners who are in this paradigm respect the body's own natural ability to be healthy and whole. Consumers are actively seeking providers who are working within this new paradigm.

from the editor **JEANNE OHM, D.C.**

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The following quote by Ronald J. Glasser, M.D. sums up the health crossroads we now face. This Former Asst. Prof. of Pediatrics University of Minnesota says, "It is the body that is the hero, not science, not antibiotics...not machines or new devices. The task of the physician today is what it has always been, to help the body do what it has learned so well to do on its own during its unending struggle for survival—to heal itself. It is the body, not medicine, that is the hero."

True wellness includes all aspects of your life: good foods, adequate body movement, positive mental attitudes and a nerve system functioning at its peak. It far surpasses the old thought process that the mere elimination of symptoms equals health. Achieving true wellness includes practices that address your body's ability to function at peak performance and the trust and commitment in your body's ability to be well.

Chiropractic care plays a vital role in your Family Wellness Lifestyle. As leaders in this health care paradigm shift, Chiropractors offer families the means to achieve the true wellness parents are now seeking. The very basic philosophy on which Chiropractic was founded includes a deep respect for the body's inherent ability to heal and be well. The science of Chiropractic is based on the importance of a functional nerve system—the vital key to health and well-being. The art of Chiropractic is the specific adjustment that restores function allowing your body to express itself fully.

As our society makes the shift into this paradigm of wellness, we can share our personal experiences with others so they too can make these life enhancing, informed health care decisions for their families. Thank you for your ongoing commitment to the Chiropractic Family Wellness lifestyle.

Many blessings,
Jeanne Ohm, D.C.



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