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Why Should I Return If I'm Feeling Fine?



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Why Should I Return If I'm Feeling Fine?

Delays have dangerous ends.
—William Shakespeare

Regular chiropractic users report improved physical and emotional health, less stress, less drug use, more energy, vitality and life enjoyment.

You entered our chiropractic office feeling terrible and now you are experiencing the wonders of what happens when your spine and nervous system are subluxation-free. You have less spinal stress and can send more healing energy throughout your body.

You'd be happy to return if your health deteriorates to the point where you feel terrible again. But your chiropractor suggests you return even if you feel fine.

"Why should I return if I'm feeling fine?" you may ask. "Why not wait?"

Why Not Wait?

Of course you can wait until you're miserable again, but should you? You may be making a big mistake if you wait until you have symptoms to do something about your health.

Lack of pain is a poor way of determining how healthy you are. In fact, it can be dangerous.

Death Warmed Over

We've all seen people looking like death warmed over who "feel fine." They are walking targets, waiting for disease to strike before they decide to do anything about their health. They "feel fine" but have no energy; they "feel fine" but sleep poorly; they "feel fine" but are tired, have aches and pains, headaches or backaches.

Too many people who "feel fine" one day have a sudden heart attack, stroke, debilitating pain or are diagnosed with a serious disease such as cancer the next day.

It cannot be emphasized enough that "feeling fine" is no indicator of your health status.

But Why Do I Need So Many Adjustments?

Most people first visit their chiropractor after they've had years of long-standing spinal subluxations. By that time scar tissue (or fibrosis) has built up around the spinal discs, nerves and joints.¹

Long-standing subluxations also cause postural changes, tender muscle areas,² trigger or tender spots.³ You may "feel fine" but when someone touches a "hot spot" you jump! This scar tissue takes a long time to heal and it may take months or years of spinal adjustments before your spine is strong again.

The earlier you begin chiropractic care the better; the longer you wait, the more scar tissue builds up⁴ and the longer it will take to resolve.

Symptom Relief Or True Healing?

Although your pain may have diminished, the weakness in your spine, ligaments, discs, tendons, muscles and bones usually remains. It may take months or years for your body to replace the internal scar tissue and rebuild. True healing takes time.

Why Periodic Care?

So although symptoms may disappear after a few spinal adjustments, the spinal degeneration caused by years of uncorrected vertebral subluxations usually remains.

Sadly, it takes a long time for spinal degeneration to heal and your spine will not be as strong as it should be while degeneration is still there.

That's the reason you might need to return to your chiropractor's office in the future when stress builds up causing your spine to "go out." Your symptoms may take a little longer to go away the next time ("I don't understand it doctor, the last time I felt better after a couple of visits...") because there may be more degeneration.

Spinal degeneration caused by years of uncorrected vertebral subluxations takes time to heal.



Periodic Subluxation Correction

The true purpose of chiropractic is not as a treatment of aches and pains but to rid your body of subluxations so you are better able to adapt to life's stresses. That's what true health is all about. That's why people who choose a chiropractic lifestyle report better quality of life, improved physical health, improved emotional health, less perceived stress in their lives, less drugs in their lives and more energy, vitality and life enjoyment.⁵⁻¹¹

An "Aspirin" Or Better Health?

Why use chiropractic as just another "aspirin" to free you from pain when you can use chiropractic to ensure better health, vitality and life enjoyment for yourself and your entire family for your entire lives? Keep yourself healthy with periodic chiropractic spinal checkups.



Keep the lines of communication in your body free from obstructions with regular chiropractic care.



Because subluxations are often painless you may have spinal blockages and not know it. That's why regular chiropractic spinal checkups are so important.

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