

Christiana Chiropractic, PC (315) 409-0014

[Download or Print This Article](#)

CHIROPRACTIC FAMILIES ARE THE HEALTHIEST IN THE WORLD

"Today is the youth o/your old age. What you do today will determine what your health will be like many years from now, or if you will even be here many years from now. "

-Deepok Chopra, MD.

THERE ARE ONLY 3 THINGS YOU CAN COUNT ON IN LIFE: HUMOR, PARADOX, AND CHANGE

HUMOR

Youth is the most enjoyable time of your life. Do not just cherish it. Do not simply enjoy it. Take care of it and you just might keep it. The average man or woman will one day eventually find themselves 40 or 50 years old. However, the individuals who have respected life and its divine right to express itself will often find themselves 70 or 80 years young.

PARADOX

Those who spend little time on their health have little time. Those who spend lots of time on their health have lots of time. Those who do a few things for their health have many health problems. Those who do many things for their health have few health problems. Those who feel they have poor health and can't avoid getting sick are right. Those who feel they are in excellent health and can continue getting healthier are right.

"If you do not think you have enough time to do something about your health you are absolutely right. Argue for your limitations and they are yours. "

CHANGE

While there has been some improvement in our diets and exercise, there has been no improvement in our family's health, in fact, it is much worse!

A posture or spinal problem always equates to lower health. We must change to focusing on the spine and nerve system and taking care of it the rest of our lives as well as eating well, exercising, and avoiding dangerous drugs for as long as we want to stay young and healthy.

Those who will settle for nothing but the very best very often get it.

**Our purpose is to educate and adjust families toward optimal health
with natural chiropractic care.**