



MARCH '18

WELLNESS LETTER

Dear Patients and Friends,

How are your New Year's Resolutions going? Like most people, you never started or those resolutions are long gone! What is it that motivates people to change in the first place? It's simple: Motivation occurs when "the pain of the same is greater than the pain of change".

A great example is when someone gains weight. They can just buy a new and bigger sized pair of pants. However, when they gain enough weight that they are out of breath walking up only 10 steps, their knees hurt and their back hurts, somehow going to the gym to exercise doesn't seem so bad.

Another example would be popping Excedrin for that "normal morning headache". Eventually if you "pop" enough Excedrin, you'll get a "rebound headache" and the potential for GI, liver and kidney issues will become your next health issue for sure. Correcting misalignments in the neck causing headaches, eliminating diet soda and getting adequate sleep would make more sense.

Making that decision to change will open the door to incredible new opportunities to improve your health potential. Do not continue to put off those activities that can help you accomplish great things.

Pain relief, corrective care, maintenance care, and wellness care are the types of care we offer in our office. We will assess your condition and outline the steps necessary to pursue the type of care that you choose. Please know that we are here to inspire you to reach your potential and we will do our part to support you along this journey.

Make it a great day!

Dr. Ed

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