

Removing Interference and Restoring Your Health

By Benjamin Horning DC

Life always wants to survive. When a person gets sick, his body tries to fight off the illness and repair itself. When you get hurt, your body does its best to fix the problem. But can there be factors that slow this progress? And if so are there ways to improve the time it takes for your body to heal? The answer to these questions is YES!

In Chiropractic, the term subluxation is often used. What is a subluxation? A subluxation is a slight misalignment in the spine that affects the body's nervous system and can prevent the body from healing itself. These misalignments can cause long term problems and are the primary focus of a Chiropractor. The best way to eliminate them is to get adjusted. It will turn on the power in your body and help allow you to recover faster. Remember, the body is trying to survive and if there are road blocks it makes the job more difficult.

What else can affect your body in terms of healing itself? It's fuel, which is nutrition. Remember, what you put in your body will either help or hurt it. So why not help it the most you can by feeding it with food that is packed with vitamins and minerals. When your body has a lot of nutrients it can use them to repair and enhance all the body. I'm aware that sounds simple but it's the truth. Taste and nutrition have no correlation. Eating things that taste good but are bad for you will harm your body and slow the healing process down. Keep that in mind and make good choices when it comes to food.

Another thing that can affect your body's health is movement or lack of movement. Bodies are designed to move around and to be used. They are not designed to stare at a screen all day and then at night stare at a bigger screen in your living room. They are made to move. Movement is life after all. Dead bodies don't move. So walk, run, play, get outside, join a gym, do yoga or whatever you can so you get some exercise. The more you work out the better your body operates and the healthier you become.

Lastly, surround yourself with people that have the same life goals and hobbies as you do. Make sure these people are supportive and constructive. Being in a negative environment will put excess stress on your body and can really take a toll on you. Have a positive environment to help you grow as a person. This is crucial to your health.

Follow these steps as simple as they may seem, and you will see improvements in your health and a faster recovery time if you get injured.