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Signposts on the Path to Health

“Innate and the Three Bears”



Remember the lead character in *Goldilocks and the Three Bears*? She didn't settle for too hot, or too cold – too hard, or too soft. She kept trying until she found what was JUST RIGHT. When it comes to fighting disease, your body innately strives for the same thing.

Disease is nothing more than your body performing too much or too little of something. If your thyroid is UNDER active, you have hypothyroidism. If your lungs OVER react to dust in the air, you experience asthma or allergies. If your heart pumps too HARD or your vessels squeeze too MUCH, you have high blood pressure. Health on the other hand is when your body is clearly directed by its inner wisdom to produce, adapt, regenerate, secrete, eliminate, filter and metabolize to a degree that's JUST RIGHT... and in BALANCE!

Chiropractors recognize that no doctor, pharmacy or research lab on the planet can live up the awesome task of keeping EVERYTHING in your body working JUST RIGHT. Only innate intelligence, that essence within you that guides and controls every breath, every heartbeat, and every movement, is capable of handling that job. The best we can do as Chiropractors is to remove the stress and obstacles that get in the body's way of doing what it does best – orchestrating its symphony from the inside. When the body is free of interference, it can do exactly what's JUST RIGHT for you.

nourish health naturally from within