

Why can't symptoms be used as a gauge of health?

Nearly 2400 Americans die of cardiovascular disease each day. That's 1 person every 37 seconds. For many of these victims, their first sign of cardiovascular disease was the heart attack.

Think about this for a minute. Have you ever known someone who was the picture of perfect health and suddenly died? Or a friend who's always been healthy end up with a positive PAP smear or self breast exam? Ask someone with diabetes how long they had the disease before they knew it. Cancer, diabetes, and heart disease do not develop in just a few days and these people felt great when these ailments began. Even a small cavity doesn't show up with immediate tooth pain, right?

Your body is designed to be healthy. Because of this, symptoms are always late stage as the body attempts to "heal itself".

Why not take care of your body along the way? We often times take better care of our cars than we do our bodies. You put quality gas in, change the oil, wash the car, and keep the tires aligned, getting routine maintenance checks along the way. But with our bodies, we run on chronic stress, eat junk food, don't exercise, have never had our spines checked (everyone should have a basic wellness check on their spine) and spend hours slouched at a desk and then sitting in front of the tv.

You can wait until symptoms develop before you decide to take care of your body... but by then, it might just be too late.

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