

# 5th annual Toronto North Woman's Show

P12 WEEKENDER SATURDAY JANUARY 31, 1998  
HEALTHY LIFESTYLES

## Listening to the body's signals is the key to health

So many forms of stress threaten your balance, colds and flu, pollution and chemicals, school, work, babies, bills, a mortgage and you must adapt to them all. Good health is the ability to

maintain balance between physical, chemical and emotional stresses.

Thankfully, you usually adapt to life's stresses because many mechanisms are built into you for that purpose.

Your body has the internal ability, an inner wisdom to monitor and balance your health.

Symptoms such as fevers, headaches, fatigue, sneezing, lower back pain are not bad, but rather signals that your body is struggling to regain balance.

In today's society we think of health in terms of our symptoms.

If we do not have any ailments or aches and pains we consider ourselves healthy, and those with pain are considered unhealthy, yet this is the furthest thing from the truth.

Consider those who feel

good one day, and are diagnosed with a serious health condition the next.

From this you have probably realized that health is much more than how you feel.

With this perspective, symptoms should be addressed seriously, these messages are your body communicating with you, signaling it's need for attention.

It is difficult to ascertain health, as this quality is often not tangible like other everyday experiences we manage.

In fact, if our car oil light comes on we know that we should have the problem addressed, otherwise our predicament will get progressively worse and eventually the engine will seize.

We observe signals such as these and address the source of our health ailments.

We most commonly search for methods to put out the signals and ignore them until the engine seizes.

Your nervous system controls and communicates within the body to organize and balance all other systems and functions into a healthy, adapting, living being.

True health or adaptation can only emerge when your nervous system can communicate without interference.

A complete break in this communication link results in complete loss of function, a partial break results in a general deterioration of health or disease, of which then you are less likely to be able to cope with life's stresses.

Vertebral misalignments are a common condition that stresses your spine and nervous system and interferes with the proper flow of information through your body, causing a state of disease.

If this interference remains, ultimately symptoms will develop such as headaches, fatigue, and muscle tension.

There are many avenues to control symptoms, however the cause or source of nervous interference is to be managed.

Chiropractic care aims to resolve the nervous interference by maintaining proper joint mechanics of the spine to ensure that nerve function is optimal.

*This article submitted by Back In Shape Chiropractic.*

### BACK IN SHAPE CHIROPRACTIC

**Dr. Pam Manning D.C.**  
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