

YOUR GREATEST WEALTH IS HEALTH!

By: Dr. John Berezny

In this day and age it is easy to lose focus on the REALLY important things in life. Often today our focus is heavily drawn toward financial concerns. Struggling to “get ahead” or simply get “caught up” on our finances. This is understandable since more and more money is necessary to provide for the basic needs for our families each year. Add on top of that the many “extras” that are important to lead a happy, fulfilling life, building happy days and years full of fond memories.

I am writing this article to serve as a reminder to not lose sight of some of the most important areas of life. Your relationships are extremely important, with God, family, friends, and with yourself. Be sure to give ample time and energy to these areas, giving here gives you so much in return. After all, without a good relationship with God, your family and friends, and a healthy self-image, what good is the money you work so hard to earn?

Another key area of focus must be your health. I like to explain that this is likely one of, if not the most valuable “possession” that you should protect. If you lose your health, you cannot provide for your family. You may not even be around to watch them grow or be there for them when they need you in times of trouble, or when they want to share with you in times of joy. Without your health you may not be able to develop a good relationship with yourself. Poor health may lead to feeling that you are not valuable, only a “drain” on family and friends. I feel that we each are created for a purpose in life, serving God in our own special way and that God gave us life and a body to be able to fulfill this purpose. We should protect this gift that God gave us, life and health, so that we may better serve Him.

How do you protect your health? Eat a healthy diet, exercise, get adequate sleep, practice stress reduction, a positive mental attitude and be sure that your nervous system, the master controller of your body, is communicating and functioning properly. The nerves of your body branch out from your brain and spinal cord and connect to each and every part of your body. It is the mental impulses, or “life force” that comes from your brain through the nerves that keeps you alive and functioning properly. It is the job of the vertebrae, or spinal bones, to protect your spinal cord. The nerves exit from openings between these spinal bones in order to reach all parts of your body. It is possible due to trauma, falls, poor posture, and other stresses and strains of life to misalign one or more of these bones of your spine causing irritation or injury to the delicate nerves. The nerves have one important job, to carry messages to and from your brain, controlling every aspect of function in your body. The subluxation (the misaligned bone) will cause the nerve not to be able to do its job properly, and this can cause pain, sickness and malfunction in your body. Sure, masking the symptom with drugs may make you feel better, but it doesn't fix the cause of the problem, the malfunctioning nerve. Doesn't it make more sense to move the spinal bone back into place and allow the nerve to function properly and allow the body to heal itself? Of course it does! Only a Doctor of Chiropractic is trained to find and fix these spinal subluxations that rob you of proper function and health. If you are not doing all that you can to achieve and maintain your health, you may lose your health and all areas of your life will suffer the consequences. Your health is your responsibility. You and your family deserve you to be as healthy as you can be. Your Doctor of Chiropractic is here to help! To schedule a free consultation with Dr. Berezny please call (973) 252-0040.

