

Wellness Care

Optimizing Your Health with Chiropractic

What is wellness care?

Wellness care is the final stage of your chiropractic care, where the goal becomes optimizing the function of your spine and nervous system for long term health benefits. Wellness care is done to maintain and optimize your health; rather than focusing on pain and injuries.

“Chiropractic is concerned with people expressing their full potential.” - B.J. Palmer



Why choose wellness care?

- Wellness care should be the most rewarding part of your chiropractic experience, since this stage of care involves your spine and nervous system functioning at its best, allowing you to express greater health in your daily life.
- By detecting and correcting subluxations using chiropractic adjustments on a regular basis, interference is removed from the nervous system and your body is allowed to optimally self-heal and self-regulate. A nervous system free of interference can make a huge difference in the function of every system in your body.
- Wellness care makes sense because health is a continuum, not a switch that can be instantly turned on and off. Every life decision you make directs you towards or away from wellness. With that concept in mind, it's easy to see why a clear functioning nervous system is always a good idea to keep you moving towards wellness.

Your goals should change over time

- It's understandable why your first visit to a chiropractor might be to resolve pain, injuries or a specific musculoskeletal condition.
- Once these issues have been resolved, your goals should shift to creating vitality and achieving the best quality of life possible.

Pathogenesis vs. Salutogenesis

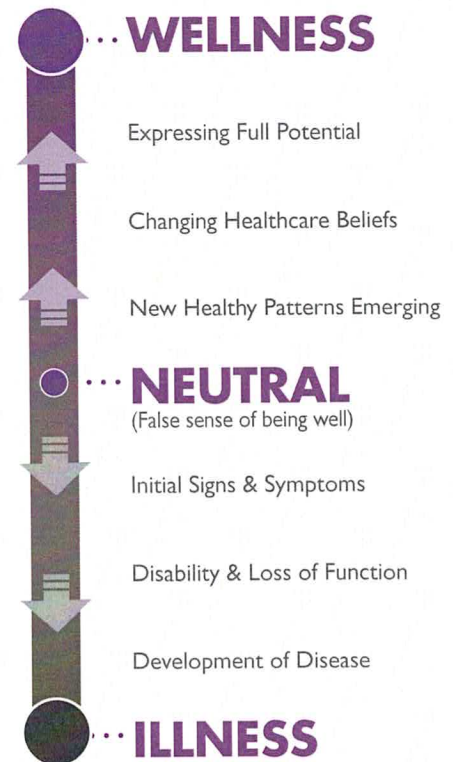
- Pathogenesis is the study of the origin and development of disease, while salutogenesis is the study of the origin and development of health.
- If a true wellness lifestyle is desired, a healthcare philosophy shift needs to occur from dealing with problems and seeking cures in a pathogenic model to creating health and wellness each day through lifestyle changes in a salutogenic model.

The components of a wellness lifestyle

- If you want to truly live a wellness lifestyle it takes more than regular chiropractic care.
- The three pillars of wellness must all be addressed to achieve success: nutrition, movement and mental health.
- Your wellness focused chiropractor can help you find resources and support systems to aid you in these areas, helping you continue the journey towards wellness.



Every life decision you make directs you towards or away from wellness.



Feeling vs. Healing

It's important to realize the difference between symptomatic relief and functional improvement. Many patients notice they are feeling better quite quickly after beginning chiropractic care, however to achieve long term improvements that last, a longer restorative process is needed. Change takes time, however if you adhere to your care plan your body can adapt, re-organize and develop new, healthy patterns which will serve you well in the long run.