

Chirothots

By Kevin Donka, D.C.

Drive-Thru Health

I heard a radio commercial the other day for one of the nation's largest drug stores that went something like this.

"In this age of drive-thru banking, drive-thru dry cleaners, drive-thru restaurants and even drive-thru coffee shops, it's nice to know that our pharmacy fits right into your busy lifestyle!"

This made me ask myself a few questions.

- Have our lifestyles really gotten so busy that we can't even leave our cars to do our banking, shop or eat anymore?
- What effect has the mental stress of this busy lifestyle and the lack of activity from sitting in our cars all day had upon our health?
- Does it make more sense to just add to this pattern or would it make be smarter to make a change that will begin a new process?

There is another question to ask here as well. Is using pharmaceuticals really a form of health care – or is it really disease care? Chiropractor Dr. Patrick Gentempo has stated, "Traditional medical health care is really *disease* care, and when we masquerade it as health care we end up with a sick society."

Why does the need for "disease care" even exist? In chiropractic, we know that there are always two processes happening in your body – the process of growing and the process of dying. What I mean by this is that we are all exposed to destructive forces every day in the form of physical, chemical, electrical, mental and emotional stresses. If these stresses are beyond our internal resistance, they break us down and we die a little more than we grow.

Where does our internal resistance come from? We have within our bodies an "Innate Intelligence" whose job is to run, regulate, heal and grow our bodies from conception until death. This force is *constructive*. Stresses are *destructive*, your Innate Life Force is *constructive*. This constructive life force uses your nerve system to move back and forth between your brain and the 70 – 150 trillion cells of your body.

As long as there is no interference in your nerve system (what we call the **subluxation process**), your Innate Intelligence can accurately perceive its constantly changing needs and respond appropriately in a timely manner. In other words, it can adapt to the destructive stresses you encounter every day. As a result, we all grow a little more than we die.

So how does this relate to the topic at the beginning of this page? It's simple – when we live a lifestyle that is loaded with physical, chemical, electrical, mental and emotional stresses, we are more likely to develop the subluxation process and begin the progressive downward spiral in our health and vitality that eventually leads many people to seek disease care.

But the answer is not to simply add to the process that caused your illness in the first place. The smarter solution is to begin taking action on a consistent basis that begins a new process – one that creates health instead of contributing to disease.

What kinds of things can we do? We can create a peaceful and happy mindset, deep breathe, drink more pure water, eat foods that are more alive than dead, get a balance of movement and rest, exercise and get checked by your chiropractor for the presence of the subluxation process. And, get adjusted if necessary to restore the flow of your Innate Life Energy so that adaptation, healing and growth may all occur normally again.

Stop trying to eliminate and prevent disease and begin creating a lifestyle that actually *generates* health. Then, you and your family will be able to not just drive through, but actually sail through your days with *outrageous* health, happiness and the full expression of life!