



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Ross A. Fialkov's Breakthrough Patient Newsletter...

**Fialkov Chiropractic, P.A.**  
279 S. Yonge St. Ormond Beach, FL. 32174  
386-868-3517 - fax: 386-868-0202  
[www.ormondchiropractor.com](http://www.ormondchiropractor.com)  
[www.chiropractorasap.com](http://www.chiropractorasap.com)

April :: 2012 Issue



### INTHISISSUE

#### Page 1 ::

Causes and Effects

**Page 2 ::** Who's In Charge  
of Your Health  
(Continued on pg. 3)

**Page 3 ::** Who's In Charge  
of Your Health

**Page 4 ::** Spring Cleaning is  
For More Than Your Home ...

Dear Patient and Friend,

Most of us realize that we live in a cause and effect world. If I touch a hot stove, my hand will burn. If I drive my car and use up all my gas without refilling the tank, I will coast to a stop. If I choose intelligent lifestyle habits and follow through on them, I will improve the quality of my life, cause and effect.

Each of us has a responsibility to observe how this cause and effect relationship influences our lives, so we can make the best decisions possible on our own behalf.

Think for a moment – many people believe that germs cause disease. But if that were true, wouldn't everyone exposed to the germs get the disease? What could explain why this doesn't happen? Could it be that it isn't the germs, but rather the strength and resistance of the individual that determines whether or not he or she will get sick?

This is one of the revolutionary concepts that makes the chiropractic viewpoint on health care different. Instead of fighting germs with medicines, chiropractors work with you to get your body working at peak efficiency, so when you are exposed to germs, your body is stronger, and has a better chance of maintaining good function and good health.

How does the chiropractor do that? Your body's control center is your brain, and the wiring system that connects the brain to the body parts is the nerve system, which is protected by the spinal bones. When this protective covering is in proper alignment, then the nerves are protected and the information from the brain gets to and from the body parts normally.

But if the spinal bones lose their proper alignment, then the nerves can be injured, disturbed or interfered with, which may or may not lead to pain right away, but surely leads to poorer body function.

If we live in a cause and effect world, then you want to make sure your brain is controlling your body properly. When your brain can connect with your body parts, it causes the effect of better body function and better health. An unhealthy spine causes bad communication, where a healthy spine causes good communication.

Your chiropractor can tell you, whether you currently have pain or not, if your spine is in proper alignment. If anyone in your family has not had a spinal exam recently, schedule a check-up as soon as possible.

## Who's In Charge of Your Health

Who's in charge of your health? Who makes the best decisions for you and your family? Is it a doctor or other health professional? Or is it becoming increasingly clear that only you can make the most important decisions about your own health?

For many years, the doctor has been revered, looked up to as an important role model, and that should never change.

But ultimately, you are the one who must take the responsibility to choose your daily habits, select which professionals to consult, and make whatever mid-course corrections are required for you to have the best quality of life possible.

Yes, you may depend on doctors like your general practitioner, your chiropractor or your dentist to give you the latest information, either about a health problem or about improving your wellness and peak performance. These experts have been trained to notice, compile and communicate the best ideas and observations, and from there, many people relinquish their control and just accept whatever the doctor says.

It makes more sense for you to be an active participant in your own health and wellness process. Remember, the time you spend with the doctor is a tiny fraction of your overall time – what health choices are you making at all other times? What do you eat, how much do you sleep, what is your typical exercise routine, if any? How often do you visit your dentist, your medical doctor, or your chiropractor for maintenance or wellness care? Which specialists would contribute valuable distinctions to this process? Do you seek out a nutritionist, massage therapists, or personal trainers to help you take your health to a new level of excellence?



*“Remember, the time you spend with the doctor is a tiny fraction of your overall time – what health choices are you making at all other time?”*





*“You can tip the scales in your favor by using common sense and following through on taking better care of yourself overall.”*



## Who's In Charge of Your Health

It is in no way disrespectful to differ with or expand upon a conclusion your doctor has drawn, especially if you do it respectfully. It's not that you should ignore your professional advisors, but remember, it's your body, and you know it and feel it better than anyone else, and ultimately you reap the rewards or pay the consequences of the decisions made, either by you or on your behalf. You can tip the scales in your favor by using common sense and following through on taking better care of yourself overall.

Clearly, in times of emergency, you need to change the balance and receive more input, but even in this situation, unless you are unable to participate, you should still play a major role in the direction of your own health and wellness care.

Putting together your team of health professionals will help you coordinate your and your family's health and wellness, because the better the information you have to work with, the better decisions you can make. Developing communication among your advisors will coordinate the opinions you receive and give you the final word on what is in your family's best interest.

The style of health care is changing, and each individual and family will be called upon to add more to health care delivery and to the conditions surrounding their own health and wellness. Stay current by reading, listening to and watching health related information, and put yourself at the top of your health and wellness decision-making team – your efforts will be repaid multifold in the form of a longer, better, less painful and more productive life.

## Spring Cleaning Is For More Than Your Home ...

Right about this time of year, many families and households are emerging from their winter slumbers and lifting their faces to bask in the springtime sun.

Whoever is the “neat freak” in the home makes some comment about “spring cleaning,” and the teenagers run for cover, knowing what that means – it’s that time of year to tear things apart, scrub them spotless and reset the environment to make the conditions as beneficial and enjoyable as possible. Leaving no stone unturned, there is washing, straightening, and repair until everything is shipshape.

Why do we bother with spring cleaning? Even those of us who are not especially driven to keep things in order recognize that unless at least around once a year we put some attention into it, there would be a gradual, relentless decline of the appearance and cleanliness of the home, which after a while would be very unpleasant.

So, we choose the arbitrary convention of “spring cleaning” to restore ourselves to at least a neutral position, if not an opportunity to make things a little nicer and a little better each year.

Those of us who adopt the same policy toward our health often improve our quality of life and increase our longevity. Sure, it’s great for those who have the discipline and passion to maintain their bodies meticulously at all times, but most of us are not quite so diligent – but that doesn’t mean that we can’t be healthy. Just because you can’t do everything doesn’t mean you shouldn’t do something – if you could do a little “spring cleaning” in your body, it would significantly contribute to your overall well-being.

What if you decided to skip the extra dessert or night snacking? What if you got up a little early for a walk in the morning sun before breakfast? What about just sitting quietly for a few minutes each morning to connect with your higher self, or a Higher Power? Could you drink a little less coffee or soda or alcohol, could you choose healthier foods, could you park your car at the end of the lot and stroll a hundred yards to get your blood flowing, or finally quit smoking? Anything you do to make yourself clean out, get strong and move forward is a great gift to yourself.

If you don’t pick a time of year to get back on course, you may experience the same kind of gradual decline that happens to a home without attention. Why not give your chiropractor a call, and he or she can help you put together a “spring cleaning” program for your body that will make you healthier long-term and leave you feeling great!



*“So, we choose the arbitrary convention of “spring cleaning” to restore ourselves to at least a neutral position, if not an opportunity to make things a little nicer and a little better each year.”*

