

A Proactive Approach to Health

Rick Bittner, D.C.

In this issue, I'd like to begin by stating that almost everyone needs to see the chiropractor on a regular basis. Just like the dentist, most of the problems I see daily in my practice, except for the injuries caused by recent trauma to the patient, are things that have developed slowly over time. The headaches, low-back pain, neck pain, and overall feelings of physical discomfort are almost always the result of simply being misaligned structurally. In simpler words, when the bones in your body aren't lined up properly or are out of place, they begin to cause problems that only get worse over time.

Many of these structural problems begin early in life. A sporting injury as a youth, a horse-riding injury, even something as simple as falling down a flight of stairs, or falling off the haywagon can begin a cascading effect that can change the direction of a person's physical future.

Most of the time, especially when we're younger, we're told to "walk it off," or we just limp around until the symptoms diminish and we can get back to feeling OK again. Remember that? After all, this is life—full of bumps and bruises, right? Especially here in Montana. The problem is that most of these minor injuries, which could have been corrected with just a few simple chiropractic adjustments, are left to develop into bigger

problems that can really alter the way you live.

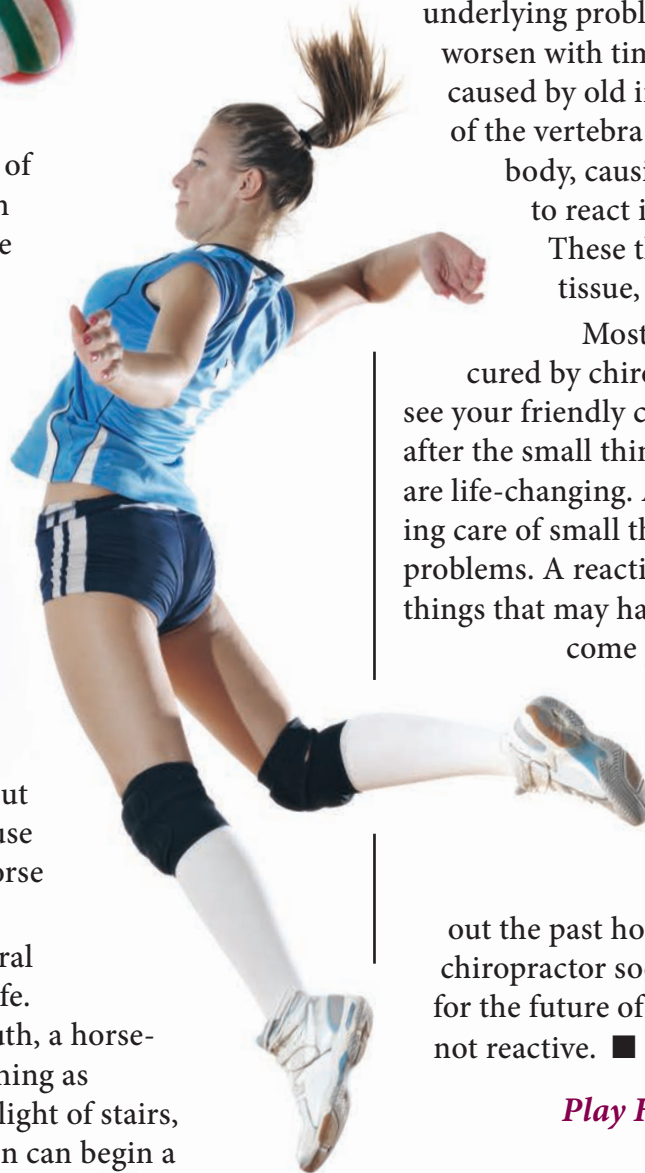
Americans spend billions of dollars annually on over-the-counter and prescription medications just to keep working through the pain, while the underlying problems are left uncorrected, only to worsen with time. Many of these situations are caused by old injuries that have misplaced some of the vertebra and/or pelvic structures in the body, causing the muscles in the region to react improperly with each other. These then swell into the nervous tissue, causing pain.

Most of these problems are easily cured by chiropractic adjustments. The time to see your friendly chiropractor is sooner, not later, after the small things have worsened into things that are life-changing. A proactive approach means taking care of small things before they become big problems. A reactive approach means dealing with things that may have been avoided, after they become problems. The choice is yours.

As chiropractors, our job is to help you have a reasonably pain-free life—not one that's filled with discomfort and painkillers. You deserve to reach maturity vibrantly, without the past holding you back. Visit your local chiropractor soon. He/she has a wonderful plan for the future of your health—one that's proactive, not reactive. ■

Play Hard. Be Safe. Do Well!

—Dr. B



Dr. Rick Bittner is a graduate of Northwestern Health Science University and the owner of **Able Chiropractic**, located at 2407 W. Main Street, #102, in Bozeman. Call 406-548-8822 for an appointment—or just drop in! Visit: AbleChiro.com or email: theablechiro@gmail.com.