How Health Issues Should Truly be Addressed: Physically, Emotionally, and Chemically

By JIM SMITH

Once a month, I like to provide this platform to Dr. Leah Hahn of Body in Balance Wellness Center, because Rita and I have benefited so much from their holistic approach to wellbeing. This month’s message from her really encapsulates that approach! Here it is:

I urge you to take stock of your health now. Don’t wait until January 1st, and then try to drastically change habits. Take time to evaluate what is and isn’t working. This year has posed many challenges that can affect health. Creating an awareness of what is and isn’t working is often enough to shift momentum towards health.

There are three categories of interference to health that can create issues. As chiropractors, we work diligently to facilitate healing from the “inside-out,” improving physiological function and internal healing. We are not just looking to mask a symptom while the real issue isn’t addressed and eventually leads to a health crisis. When we work with a patient, we look at what could be contributing to a problem or taking away from optimal health on a chemical, physical and an emotional level. Each facet is important and cannot be overlooked.

On a chemical level, I am referring to interferences to health such as consuming processed foods, too many carbohydrates or too much sugar, not drinking enough water, not eating consistently enough or eating too much at one time, taking consistent over-the-counter medications, etc.

On a physical level, health interferences may include unresolved or chronic injuries, misalignments that are uncorrected, osteoarthritis, or nerve dysfunction with or without pain.

On an emotional level, health interferences include being stuck in emotional patterns like anger, depression, anxiety or past traumas that play out emotionally in one’s current reality.

Healing is available. When the right tools for healing are applied with consistency, one can gently and gradually move to a renewed state. The key is that creating health takes time and consistency.

Our American health care system lacks the ability to look at the whole picture and fails to educate people on what steps should be taken to truly heal issues rather than disguise them. Let me give you an example of meeting a patient with chronic headaches. After discovering her health history, we find the patient’s diet relies mainly on quick meal choices of refined carbohydrates causing inflammation and blood sugar spikes and crashes. The patient drinks about 1/3 of the necessary water for her body size. The patient’s alignment of the first and second vertebra of her neck have been chronically impacted due to computer work for 5-7 hours daily for years. All these factors create headaches, need to be addressed, and are root causes of the issue.

The American medical system may prescribe a drug and send her on her way. That drug may be relied upon multiple times per week or even daily with the causative factors of the headaches never addressed. If we were working with the patient to address causative factors, would the root causes of the headaches be resolved in a day or week? Most likely not, but addressing the causative factors consistently with repetition and awareness would allow the patient’s whole physiology to heal. Being committed to the process is the game-changer and is a key to ever-improving health. Patients expectations may be that they should feel better immediately. This is sometimes the case, but typically the healing process includes gradually improving symptoms with a bumpy journey in the beginning. As physiological function improves, symptoms decrease.

We want to be a resource for you. In the month of November, we have two virtual events to provide powerful information to maximize health.

On Wednesday, November 18th at 6:15pm, Jenn Evon, MS, our Functional Medicine Nutritionist and I will virtually present “Maximizing Digestive Health.” Gut issues are a major source of inflammation, interfering with quality of life and whole-body health. Learn strategies for healing and staying well (important for immune function and brain health).

On Wednesday, December 9th, at 6:15pm, Dr. Scott will virtually present “The Vital Shift.” In this high demand class, Dr. Scott will cover how to function well, thrive, and create a foundation for healing in a stressful world.

Register at BodyInBalanceChiropractic.com or call us at 303-215-0390. Remember our motto: Create Health by Choice, Not by Chance.