

## Germs are like seeds



Have you ever wondered why some

people go from one infection to the next, getting all the bugs that “go around” and others don’t? Since the time the microscope was invented many people have become fearful of germs. But germs are a lot like seeds. Ever try to start a lawn or plant a garden? It doesn’t just happen. The conditions have to be just right in the beginning to get the seed to take hold. Same with germs manifesting into disease.



**A common factor is a depressed immune system.**

Holistic health care is a system of health oriented medicine which focuses on the maintenance of health and consequently the prevention of disease. For example, like all tissues organs and systems of your body, your nervous system affects the function of your immune system. That’s why it’s known that subluxations (back problems) can dampen your immune system response. Weakened by a compromised nervous system, your stomach, lungs, nose, ears and throat become the perfect “soil” for viruses, microbes and other bugs.



**The “conductor” is the nervous system**

By restoring the integrity of the nervous system via **chiropractic** adjustments, ensuring *good nutrition and hydration*, and to live without constant worry or mental stress we can all reduce the possibility of infection.



**Disharmony : the prelude to disease**

As human beings we are a mixture of the physical, emotional and psychological and all disease manifests out of disharmony in one or more of these areas. To be balanced physically we need to be pain free, with a spine in alignment, muscles, ligaments, tendons, organs and cells all working in harmony. Your physical body needs the right amount of water and the right food for your particular metabolism. A breakdown of your physical body (symptoms) is an indication that there is disharmony in your life somewhere. Restoring harmony involves looking at all areas of your life to find out what needs to change in order to restore balance.



**Emotional health**

Negative thoughts such as worry, self recrimination, constant inner criticism, doubts about self worth or even constant fear in turn lead to a weakening of energy and overall stability. Emotional balance is anything that affects your *feelings*. Childhood trauma for example can leave us feeling stuck emotionally. Buried emotions that haven’t been resolved can lead us to develop coping mechanisms that don’t work well in adult life. As a general rule most fears and addictions manifest from unresolved emotional issues. Releasing anger, fear, sadness, grief and any other stuck emotions frees up our energy which in turn can assist us to maintain the natural balance in the body thus warding off illness. Here **hypnotherapy** can assist in redirecting the negative thought patterns and resolving emotional blockages that only serve to drain us physically.



**Create harmony in your life**

Disharmony in any of these systems can create and lead to ongoing symptoms and conditions and/or disease in the body, which is why we believe in a holistic approach to health. Therefore restoring balance may involve one of the natural therapy practices available or a combination of **hypnotherapy, naturopathy, remedial massage and/or chiropractic**.

***The professionals at this clinic work together to determine the underlying cause of ill-health and work towards initiating appropriate preventative measures often before a disease arises. Periodic Naturopathic and Chiropractic checkups will help you to stay in top condition. So don't suffer needlessly, consult our experienced practitioners as health problems rarely get better on their own!***