

7 Secrets to Health and Better Healing by Dr. Melissa Stangl

On Thursday April 2nd 2009 the Chippewa Valley Chiropractic Alliance (CVCA) hosted Dr. Patrick Gentempo for an hour long lecture on the "7 Steps to Health and Better Healing." A resounding crowd joined us at the Ramada Inn Convention Center for an inspirational event that infused better health and healing into our lives! Below is a summary of Dr. Gentempo's key points.

1. Health Care = Sick Care/Crisis Care

The trend of "healthcare" in our society has been one more focused on sick care or crisis care than actual health. We wait to counsel with a health care professional until we are ill, have symptoms or have created a difficult state of ill-health for ourselves. We blame genetics on things that are able to be controlled by environment and behaviors and we spend millions of dollars on things that do not make us healthy.

FACT: 25% of illness is due to genetics, the other 75% is due to environmental factors or behaviors that we have control over. (ie) diet, smoking, exercise, stress, chemicals, relationships, subluxation etc. etc. etc.

FACT: 2 Trillion dollars are spent on illness in our country and 50% of personal bankruptcies are related to health.

2. Truth About Pain

More often than not our outlook on pain is a negative one... pain is bad. Sure pain is uncomfortable but it has its purpose! Imagine your life without pain. Nothing to notify you when you've burnt your hand, nothing to let you know you've stepped on a nail, nothing to indicate the presence of a broken bone and nothing to point to illness or injury. Life without pain would be difficult. Pain is an essential communication function of your body. It is there to notify your body of stress (physical, chemical or psychological) and is a quintessential component to your health. Having a headache, stomach cramps or a fever are all varying aspects of pain and yet they indicate that your body is working correctly and effectively on the cause of a problem. Three cheers for pain! Hip Hip Hurray! Okay... maybe pain isn't quite cheering worthy but it definitely has its purpose.

3. Role of the Nervous System

FACT 1: The body is self-healing and self-regulating

FACT 2: The nervous system is the master system and controller of body functions

THEREFORE: If you interfere with the nervous system you interfere with healing and regulation!

Please read #3 again! Absorb it... Digest it... Toss it around a bit... Use that think tank on top of your shoulders!

4. Understanding Subluxation

Vertebral Subluxations are serious! In simplest terms, a subluxation is when one or more of the bones of your spine (or other joints) move out of position and create negative effects on spinal nerves and surrounding muscles, tissues, cells and biochemistry. However, the most important aspect of a subluxation is its effect on your nervous system. Compromising the way your nervous system controls and regulates your body can have grave consequences. Distorted communications between your brain and your body can cause all kinds of health problems beyond just headaches and backaches!

5. Role of Stress

There are three dimensions of life style stresses with positive and negative stresses in each dimension.

Each dimension of stress can and does cause subluxation.

1. Physical Stress (Positive: exercise, Negative: accident/injury)

2. Biochemical Stress (Positive: normal digestion, Negative: smoking)

3. Psychological Stress (Positive: Planning a wedding; Negative: Death in the family)

Life is DYNAMIC! Utilizing the dimensions of stress you are always moving along a paradigm of health, either toward wellness or toward sickness. Which direction are you moving? Are you creating a positive and healthy ripple effect within your family and/or community?

6. The Chiropractic Vision

Educate each individual, community and country to live healthy and with less subluxation. Every individual is born to be healthy! To move toward wellness on the healthcare paradigm we need to move away from symptomatic and non-symptomatic disease and thrive in wellness by enhancing our body's innate ability to self-heal and self-regulate.

Your doctor of chiropractic is the only licensed health care professional dedicated to the detection, reduction and prevention of spinal subluxations. You're in good hands!

7. Taking Responsibility

Sometimes accepting that you and you alone are the one sole individual responsible for your health is a hard truth to swallow. Your friends, your family members, your personal trainer, your nutritionist, your pharmacist, your medical doctor, your chiropractor and anyone else you seek health care and information from all have your best interest in mind but thus they are there to council and YOU are the one using YOUR body.

To prove this point... Every one of us can think this very instant of three things that we could be doing to improve our health that we currently are not doing. Why are we not taking action? What's our excuse? How much is our health worth to us? Most of us THINK our health is our most important asset but do we ACT that way? It is time to take responsibility for our health. Do what you think and know is healthy for your body. On a daily basis strive to do things that are going to give you the very best quality and quantity of life. Participate in activities and lifestyles that will allow you to thrive not just survive.

