

STEWART CHIROPRACTIC NEWS

Taking charge of your health!

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CHIROPRACTIC OFFICE HOURS : Monday, Wednesday, Friday 9 AM - 5 PM
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WE HAVE FALLEN DOWN THE RABBIT HOLE!

Sometimes it amazes me just how bizarre our thinking has become when it comes to health in this country. We have answers, and the means, for solving most of the diseases that plague us.



Not, surprisingly, they require significant changes in our lifestyle and eating habits. But that's not acceptable these days. After all, we are too busy to change our diet or lifestyle, and way too smart for that. Why should we go to so much trouble when modern technology, and the pharmaceutical industry, are quickly uncovering the secrets to correct every known health problem?

It doesn't take a genius to look around and see that something is horribly wrong. More than half of Americans are grossly overweight. Much of the innocence of childhood has been replaced with diseases, which normally would only be found among the elderly. It's hard to find a senior citizen these days who isn't on some form of medication. Most take an average of eight different medications daily. In fact, it's



getting harder to find someone in their 40's who isn't taking blood pressure medication, an anti-cholesterol drug, or something for depression. If none of this strikes you as strange, then maybe the following will. Rather



than address the issue of diet, the American Academy of Pediatrics is now recommending cholesterol screening for children as young as 2 - not for all children, but only those who had a parent or grandparent who had high cholesterol, a heart attack, or artery disease. Those criteria would eliminate maybe 1 percent of all the children in the USA.

The whole idea is to turn the responsibility for your health over to the pharmaceutical and medical establishment. After all, if something goes wrong, they know how to "outsmart" or manipulate the body into doing what's right. That might account for the estimated 103,000 documented deaths caused solely by medical intervention. They have the technology to replace an organ that isn't working and soon be able to grow any new, replacement organ we need.

I honestly believe that most of the public has fallen for this nonsense and will end up paying the ultimate price with their health. Don't get caught up in this mess. You are responsible for health. Your body needs care, rest, and exercise. And yes, you probably do need to make some changes to your diet. We all need to.



The old saying "you are what you eat" is something we need to be aware of, especially if you are going through a health crisis of some kind. Even if it is only feeling sluggish or experiencing a loss of energy. Your diet is probably the culprit.

I know what you are thinking: maybe you won't have to change your eating habits. If the research reports are true, we will soon be able to have our cake and eat it too. I have seen the same reports. Any day now, they expect to capture and package the elusive hormone that will keep us thin and healthy, regardless of how much or what we eat and put into our bodies. Anyone gullible enough to fall for that will, in effect, be digging their own grave with their own fork.

If you would like to learn how to get healthy, and return to the best health you can have, and in essence, enjoy life to its fullest, do not hesitate to call and we can help guide you back to full, vibrant health.



DR. KEVIN L. STEWART takes pride in the 10 years he has offered skilled chiropractic care to his clients. His commitment to his

patients and their health keeps him abreast of the latest technologies as well as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment programs, prescribed gentle adjustments, advanced techniques, modern diagnostic, and therapeutic equipment are combined to attain optimum patient care.