



Your Personal Healthcare Reform Finding a Wellness System that Works for You

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Each year on January 1, we assess our habits and resolve to change. Yet year after year, we fall back into old, unhealthy patterns. This year, look at the bigger picture and embark on a Personal Healthcare Reform by focusing on the wellness professionals you frequent and those you know in case of emergency. It's all about building a team of professionals who can help you stay healthy in your daily life *and* in times of need. It is absolutely necessary for you to develop your own healthcare program catered to your individual needs. Following someone else's program is like leading someone else's life. Undergoing a Personal Healthcare Reform is a proactive way to protect your body, mind and soul.

Who's On Your Team?

When choosing your healthcare team, listen to your body. If your diet is no longer working, call a nutritionist. If you're tired of your old exercise routine, you may want to contact a personal trainer. To keep your body aligned and balanced and keep your nervous system stress free, call your chiropractor and ask about wellness care. These are just some of the professionals you might include on your team, in addition to a primary-care physician, dentist and maybe a therapist or life coach. Each area of expertise is necessary to keep your body in balance. With a well-balanced body and mind, you are better able to defend yourself against stress, crisis and a potentially harmful environment.

Be Prepared for Crisis

Being prepared for a crisis in your life will not only enable your body to bounce back quicker, but it will prevent damages to your wallet as well. With insurance premiums on the rise, it is important to know what we're paying for and what is included in our policy. Most people have changed policies or coverage more than 20 times in the past 10 years. Not every plan covers

every type of emergency. Make sure your current policy covers healthcare professionals who you can trust in times of crisis.

Stay Informed

It's better to be over prepared than not prepared at all. Research the best doctors and find out how to get an appointment with them. Meeting with your crisis doctor before any treatment begins can help you see if there is a connection between you and your doctor. Make sure you feel comfortable with him or her. Sometimes, the patient and the professional have different views. When this happens, it's best to find another doctor. Doing this early on will save time and money, as well as prevent excess stress.

Don't Neglect Chiropractic Care

Throughout its 110-plus year history, chiropractic care has proven that we have the capability to self-heal. Extensive research shows that when great amounts of pressure are placed on the spinal nerves, the body begins to break down, causing you to get sick. When the pressure and interference is released, your nervous system can function at its highest level and healing takes place. Chiropractic care encourages healing within the body and thus can help in times of crisis, as well as for general health maintenance.

Take Action Today for Your Life Tomorrow

Make optimizing your healthcare program one New Year's resolution that will actually stick. Learn to trust yourself when it comes to listening to your body, educate yourself and build a successful team of wellness practitioners and crisis care experts. If you find that something is not working, don't be hesitant to try something new. After all, life is about quality, so why not make it great?

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