

What does Your “Health” Account look like?

Everyone wants to grow his or her bank account. We know our financial health is usually estimated by level of our resources. The more money in the bank, figuratively speaking, the more secure we feel. If our resources include stocks, bonds, and property, we are even more secure.

We can use such fiscal accounting as a metaphor for our physical health and well-being. The more resources we can accumulate in our “health account” the healthier we’ll be. And if we’re able to diversify the “holdings” in our health accounts, as we’d with our financial accounts, we’ll enjoy more and better long-term health from many points of view.

Whether we’re paying attention or not, our physical resources fluctuate as regularly as do our financial resources. And as in financial accounting, health accounting involves income and expenses. If income exceeds expenses, you enjoy high levels of relative health. The converse is also true – when expenses exceed income, health deteriorates.

What kind of things can go into our health accounts? We can easily list the most crucial of these – food, exercise, and rest. But we’re not interested in quantity. We’re much more interested in quality. We’re interested in maximizing value. For example, focusing on quantity with respect to food causes a person to become overweight. Focusing on quality-high-quality protein and high-quality complex carbohydrates, with plenty of fresh fruits and vegetables- causes a person to become leaner and fitter. We don’t want to fill our health accounts with coins made of lead and copper. We want to fill them with coins made of gold.

Chiropractic care is the same way. If you are subluxated, you are currently taking withdrawals out of your health account and becoming more unhealthy every day. Patients who are living free of subluxations, are growing healthy everyday!



**Patient of the month!!
Jennifer Gibbons
Success!**

Jennifer is Patient of the Month because she has referred the most patients to our office!!

“Are you concerned about a family member or a friend’s health condition?”

Camden County Clinic of Chiropractic

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Upcoming Events

April 16th & 17th –Doctor & Staff training

in Atlanta

April 22nd from 2pm – 4pm

Free Spinal Screening at Winn Dixie



SUCCESS STORY

When we 1st came to Dr. Shiels, our son (4 years old) had just been diagnosed with a rare type of asthma. He was on 8 different medicines a day just to breathe. He never got a good night sleep because he had consistent coughing and puking almost every night. His doctors at Nemours had prescribed him Emergency Room epinephrine breathing treatments to have at home because of his severe asthmatic croup. We had heard about Dr. Shiels and decided to give it a shot but we honestly didn't think it would work because of how bad his asthma was, but at the same time we were very hopeful. Our son's spinal subluxation was located at the top of his spine. His atlas was off and he had a severe amount of pressure on his brain stem. The first night after his adjustment our son slept like an angel; no coughing, no puking, no stuffed up nose. Before we went to Dr. Shiels, his lips were so chapped that they would bleed. He was sick every other week with chronic bronchitis and his asthma would kick in by something as small as a runny nose. He also had sinusitis, so he always had a runny nose and his asthmatic cough would never go away. He would cough all morning long, all day at daycare and then 15 minutes in the car before we even got home. Since we started his care he hasn't had one asthma attack, his sinusitis went away. He stopped taking all his medicines/steroids, albuterol, pulmicort, allergy medicine, etc. He can breathe just fine and not only that but his thyroid levels have gone down. It has helped his vision too. Before we came to Dr. Shiels, our son wasn't able to make eye contact with us without his glasses being on. Dr. Shiels has truly given us a miracle and has completely changed our son's life. Not only did it help with his asthma but also his vision and his thyroid. We are very thankful to him and his staff.

We will always have time for you.

To listen,
To explain,
To offer hope.