



adjust your lifestyle™

Painful Days, Sleepless Nights

Pain can ruin your life. Whether it comes and goes in an unpredictable fashion or whether it is constant, having to manage and deal with pain on a regular basis can be exhausting. As pain becomes chronic, the joy of living disappears. Pain can take many forms including headaches, neck or arm pain, back and leg pain, stomach pain, sinus pain, and literally any or every other part of your body.

Pain that comes and goes, rollercoaster pain, is tiring and frustrating. You can't plan your life because you never know if you are going to hurt. Before you know it, the pain, or the medication you may take to mask the pain or sleep, begins to control your life.

The challenge of this rollercoaster pain is that many people only take care of themselves when the pain reaches a point of severity that you might consider a crisis. The typical protocol in this situation is to stop your life, deal with the crisis through quick fixes such as a couple of chiropractic adjustments, or popping a bunch of pills to get some immediate relief. When the relief comes and you can rest, you are so excited to feel better that you stop taking care of yourself until it hurts again.

Here's a little secret: in most cases when the pain is gone, the cause of the pain is still there. If you want to get off the rollercoaster you must continue doing the things that will give your body a chance to heal itself even though you feel better.

In The 100 Year Lifestyle Paradigm, we call this the Critical Transition. The Critical Transition is critical because it is when you commit to being consistent with your chiropractic care and healthy lifestyle regardless of how you feel so that your body can regenerate. This takes time.

This is like the person who finally reaches their goal weight and decides to continue eating healthy and exercising rather than reverting back to old habits that caused them to gain weight in the first place. Staying consistent when you feel better is life changing. This is the Critical Transition.

The same is true if you have acute pain. No matter what part of your body has been affected, acute pain comes suddenly with incredible suffering and inconvenience. Many people who have this type of pain will often say things like "I felt twinges there before" or "periodically I would feel a _____." These may be signs that an acute crisis is looming and there is an underlying cause you should address.

Chiropractic care is very effective in helping people eliminate both rollercoaster and acute pain by working with your body's innate ability to heal regardless of how you feel. Nerve interference can cause pain in any body part as well as contribute to all types of health problems. It can also exist without pain and lie dormant for decades until your body completely breaks down.

Don't let this happen to you. Too many people have said these powerful words, "I am in so much pain I can't even sleep. Please help me."

Pain doesn't have to control your life anymore. Through the *New. You. 2012.* campaign, we encourage you to take a new approach to taking your pain away and then make the Critical Transition to Lifestyle Care.

A New You in 2012 is only a decision away. Make the commitment to you. You will be glad you did.



4441 Granite Dr. Suite 102
Rocklin, Ca 95677
916.625.0208

www.rocklinfamilychiropractic.com