



adjust your lifestyle™

# The Critical Transition Is Critical

The Critical Transition is that period of time when an individual, you, makes the choice to become quality of life motivated versus Crisis Care motivated in the way you take care of your health. It is that critical time when you decide to get off the roller coaster ride of health, weight, or any other aspect of your life that is causing you suffering and change your priorities.

One example of the Critical Transition is commonly seen with people who are on the weight loss, weight gain rollercoaster ride. People who successfully reach their goal and then maintain their new healthy weight make the Critical Transition to have healthy eating be a part of their lifestyle. They make exercise a part of their lifestyle. This is their Critical Transition. They make their quality of life a priority and make healthy eating their new lifestyle.

People who are unsuccessful at getting off this rollercoaster go back to old bad habits which have the obvious consequence of gaining all the weight back. These people did not make the Critical Transition.

When it comes to the health of your spine and nervous system, the master control system of your body, people go through this Critical Transition by continuing with their care regardless of how they feel so their spine, nervous system and their body can regenerate.

Temporary relief is not enough for them and they shift their motivation from crisis to quality of life because they want to enjoy an active, healthy life today and every day of their life as they age.

People who do not make this Critical Transition often ride an unhealthy rollercoaster of pain and

sickness that is expensive, unpredictable and can lead to decades of unnecessary suffering. Too many people have to experience too many different crises before they get the wake up call that forces them to change. Don't let this happen to you.

The Critical Transition is followed by Lifestyle Care which is a quality of life choice to utilize chiropractic care to keep your spine, nervous system and body functioning at its full potential. This is something that you should want.

Our aging parents' and grandparents' generation has taught us that you cannot afford to get sick and no matter what your age is, if you do not have your health, nothing else matters. The motto of that generation was, "If it ain't broke, don't fix it." This macho mentality was not sustainable for a quality long life. It was a philosophy that led to, for many of them, severe deterioration, pain and disease.

In our generation, where we know that we have the potential to live healthy lives to 80, 90, 100 years and beyond, we must redefine "broke" as being out of balance and make Lifestyle Care and quality of life health choices our priority.

Crisis Care is based on need. The Critical Transition and Lifestyle Care are based on want. Which will you choose? Every time you see a handicapped parking space, see an assisted living center, sit down to a holiday dinner with your extended family or hear about someone who is suffering from a health problem, think about the consequences of your choices.

Make this Critical Transition now. Want it for yourself and loved ones so that you can truly enjoy every day along the way to a sensational century.



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