

# Take the **DIS** out of your life!!

Our theme for March is Low Back pain, which is the MOST common cause of DISability in the world. The biggest challenge I face in being a chiropractor AND in my own life, is seeing people and sometimes myself, be tempted to “settle” for “good enough” or “mediocrity” in their health AND life in general.

The battle is fierce. It is almost like watching the two personalities of Gollum and Smeagol in the Lord of the Rings. One personality believing and hoping for what is beautiful and abundant yet seems out of reach, the other fighting to keep the status quo and “settle”.

I once had a young woman in her 40's who had been on DISability for 10 years with spinal issues and had capped out her insurance for various medications at \$14,000 per year. She had come for an exam of her spine. At the one on one after the report I showed her x-rays and with great hope painted a picture that she was only phase two degeneration and that I believed she could be set free from her DISabling spinal condition. At that moment I witnessed the battle of belief in her mind. What would she believe; that healing was possible with corrective chiropractic or NOT? Sadly, she chose AGAINST chiropractic as she dis-engaged her mind from the idea of healing and settled back into her belief that it was not possible.

As we watch people like Elon Musk pursue his dream to colonize Mars and do what is IMPOSSIBLE, I see that what we choose to believe WILL determine our life and the life of the generations to come that we have influence over.

The research from 2005 shows that arthritis (8.6 million people) and back problems (7.6 million people) are the two leading causes of DISability in the USA and with heart conditions being 3<sup>rd</sup> affecting 3 million people. By far the BIGGEST cause of DISability and loss of mobility I see today is spinal and joint mis-alignment and subsequent degeneration.

So for the month of March we will focus on taking the **dis** out of your life:

Move from *DIS-ability* to **ABILITY**

Move from *DIS-ease* to **EASE**

Move from *DIS-function* to **FUNCTION**

Move from *DIS-engaged* to **ENGAGED**

While watching the Olympics there is an ad that I keep seeing and I love its message: The world may teach us “Can’t”, but we were all born to do what Can’t be done.

Where do you need to take the DIS out of your life? Step out of your comfort zone, get engaged and start dreaming and believing again.