

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

As a chiropractor, I see all kinds of physical complaints and pains especially involving the back. I recently heard a speaker ask the question, "Is back pain really a back problem, or is it a health problem?" The point he was making is that pain is not really the problem. Pain is a programmed response that the body provides to let us know that there is a problem. Pain is an electrical signal received in the brain. You see, pain is like the smoke alarm that tells us there is a fire. We spend money, time and effort fighting aches and pains without ever uncovering or even looking for the real problem. We should be looking for cause rather than fighting the symptoms of pain.

The body is designed to heal on its own and when we have pain, especially chronic pain, this is the result of a problem that is failing to heal. In other words, this is a health problem. If you've been following this column, you know by now that most health problems can be linked to improper choices regarding lifestyle. For this reason, when someone is having a pain, symptom, or health problem, I like to ask the question, "What is out of balance in your life?" The common answers to this question include excess emotional stress, lack of exercise, poor diet, dehydration, poor posture, excessive caffeine, reactions to medications, lack of sleep, and all the other things discussed in this column. The point is that many times the ultimate cause of problems is simple and yet we turn to complicated solutions rather than make changes. I can't tell you how many times a person's pains are the result of a bad chair, pillow or mattress. If you are dealing with any kind of health problem, please take time to analyze your lifestyle – more often than not the answer is right in front of you.

– Dr. Geoff Walburn, D.C.

RIVERTOWN CHIROPRACTIC, LLC

812-273-HEAL (4325)

401 E. Second Street • Madison, IN