

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

I'd like to share my thoughts about beliefs, behaviors, and resolutions. The New Year is rapidly approaching and with it brings a time for resolutions. A resolution by definition is an attempt to change your behavior. In the next few weeks, millions of Americans will join a gym, start an exercise or post-holiday starvation plan, or maybe try to stop smoking. While all of these are excellent plans, why do most of these resolutions fail and old behaviors return? All our behaviors are learned habits that our based on pleasure and pain. We fail because most of us try to change the habits that give us pleasure and move toward habits that are perceived by pain. For instance, most resolve to give up foods we like and start an exercise program we don't like (so much). This is a recipe for failure and is in contradiction to human nature. The reason resolutions often fail is that we attempt to change the behavior rather than the belief system that is at the root of that behavior. Nobody who smokes, or overindulges in sweets or alcohol does so without knowledge that it is bad for them – they do it because it gives them pleasure. To get results, we need to change our beliefs. For instance if you want to lose weight and get in shape, purchase a book or program that is more than a strategy – you want to learn the 'why' behind the strategy. Learn how the body works and why this program works to get the results you desire. Learn everything about the benefits/pleasure you can enjoy with weight loss and fitness. If you want to quit smoking, learn all you can about the devastating effects that smoking has on all parts of your body. Your belief and understanding of the pain of smoking must become greater than the pleasure you get from the habit. More on this next week!

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