

The new year is always full of promises. Unfortunately, often those promises remain unfulfilled at year end. Some of the best health advice that I give to my patients is also a good new years resolution for all aspects of your life. Be proactive, not reactive.

Most of us tend to be reactive in nature. We let things happen and then try to deal with them as best we can. Unfortunately it is usually much harder to fix things than it is to prevent them and that is why it is important to be proactive.

When you are proactive, you decide how you want something to be in the future and then take specific actions to make that desire come true. Things always happen that you don't anticipate, but the more proactive you are the more you will be in control of your life.

When you are primarily reactive in nature, you allow your life to be controlled by your circumstances and your environment. You become a victim.

This is especially true when it comes to health. Over 80% of health problems that plague Americans are conditions we can prevent or reduce by being proactive. Eating better, exercising more, sleeping well, and thinking positively are all proactive activities that can have a huge impact on your health. Taking care of your spine before a crisis develops, will also pay huge dividends in the future.

Your spine is the master support and movement structure in your body. It also houses and protects the spinal cord, a vital part of the nervous system that controls all aspects of your health. Maintaining a healthy spine through exercise and chiropractic adjustments even before you develop back and neck pain can prevent those conditions from developing in the first place. It can also prevent a wide variety of other conditions that can be caused by abnormal nerve function.

I encourage you to begin a proactive new year. It will ensure that this time next year, you will be happier and healthier.