



of the Week...

Please Remember All Those Who Have Sacrificed For Your Freedom

**Freedom is not free and many have paid the price...some the
ultimate price to secure and maintain your freedom.**

Never Forget Them...Always Acknowledge Them!

Are Symptoms A Good Thing or a Bad Thing?

Most people would answer, “a bad thing” and, in many instances, symptoms are a sign that the body is breaking down. But, don’t you want to know if your body is breaking down?

Some symptoms are just warning signs. No one wants to be woken up at 3 in the morning. But, what if what woke you up is the fire alarm in your house going off? Still unhappy about being wide awake at 3 AM? If you are, you can always do what most people try to do when they have symptoms...go shut off the fire alarm and get back to sleep. Sounds foolish. But, isn’t this what most people do when they have symptoms?

Can there actually be good symptoms? Can there be symptoms that tell us that the body is doing exactly what it should be doing at the

moment and that the symptom should not be suppressed? You bet.

Can you think of any examples?

Is having a fever a good symptom? Sure. Fevers occur in the body as the body attempts to deal with an infection process. Most virus and bacteria live within a very narrow temperature range and the purpose of fever is to kill the virus or bacteria. Makes sense!

What about muscle stiffness following an injury? Everyone wants to get out of pain and back to normal as quickly as possible but what if the pain and stiffness is designed to reduce motion in an area so that the injury could heal? Could that stiffness be like nature’s cast around a broken bone?

Think differently about how your body works.

The Bottom Line...The Bottom Line...The Bottom Line...

So, the next time you have a symptom, can you take a moment and decide how that symptom just might be a good thing? Our experience is that most symptoms go away when they are no longer needed by the body. That said, always make sure your body is functioning as well as it can be by making sure you get proper rest, appropriate exercise, having a healthy diet and using the right nutritional supplements, maintaining a positive attitude and pursuing good health!

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