



Chiropractic Wellness – The modern paradigm

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Chiropractic was started over 100 years ago in Iowa by DD Palmer. The original premise was that the human body had the ability for health and could heal itself with the building blocks to do so. Wellness is care that supports the optimal capacity for health; **to thrive instead of survive**. Toxic environmental factors like processed foods, sedentary lifestyle, and negative thoughts limit the healing capacity. The chiropractor served as an assistant to optimal health. Reduction of a toxic environment (physical, chemical, and emotional) prevents sickness before it develops and this is Wellness Care. Since that time there have been many diverging beliefs on how a chiropractor can assist a patient. Increases in the scientific understanding of human physiology and how it relates to the environment is much greater now than when DD was alive.

At The Stay Active Clinic we believe wellness is simple, just not always convenient. One must follow the three premises below which are basic, but not the easy route in today's culture.

- **You must be active in many different ways.** When something is alive we say it is animated, animation is movement, movement is life. You must move slowly for long periods of time, lift heavy things, and move quickly for short periods of time while frequently utilizing a full range of motion.
- **Your diet must consist of real, whole foods.** Both animal products and plants are necessary for a balanced diet. They will provide you with all the macro nutrients (proteins, fats, carbohydrates) and vital micro nutrients (vitamins, minerals, phytochemicals) for sufficient energy, a strong immune system, mental

peace and happiness.

- **Mental balance and stress reduction requires a change in perspective.** Mental stress is not what happens to you but your reaction to the event. Short-term stress is not a problem. Sustained “worrying” over things you cannot change creates a chronic, measurable physiological event that depresses the immune system and increases your risk for diseases like cancer, heart disease, stroke, Type – II Diabetes, and obesity. The following statement best describes how to control your mental stress: *Have the courage to change things you can, the discipline to let alone things you cannot, and the wisdom to know the difference.*

At The Stay Active Clinic we encourage our patients to follow the three premises above and take an active role in their own health. The original meaning of “doctor” was “teacher”. Our job is to teach you how to care for yourself in the long-term. Your success is largely dependent on your ability to learn about your own body, and we can teach you that. Our services help to keep you out of pain and moving efficiently so premise #1 is maximally effective, but without utilizing the other two you will not be well. After a short course of care you will have the knowledge and resources to keep yourself healthy for years to come.

Dr. Corey R. Duvall is co-owner of The Stay Active Clinic. He is a chiropractic physician and CrossFit certified strength and conditioning coach. The Stay Active Clinic follows a rational and evidence-based approach to provide the best musculoskeletal care, whether you are a weekend warrior or an elite athlete. Contact him at www.StayActiveClinic.com or StayActiveChiro@gmail.com.