

When is it better to take care of your spine?

When your **check engine light** is going **or** your car is **smoking** on the side of the road?



We are all aware of this, oral/ teeth care is a lifetime endeavor.

Heart healthy behaviors shouldn't be done just once a month or just 12 months of your life.

In the expanse of a lifetime that would be considered quite RIDICULOUS.

When you take care of things they last longer.

We all subject our spine to different stressors

- Modernization of communication (cough cough **phones**)
- Constant sitting on couches, chairs, and work stations

At our clinic we see desk workers have worse spines than physical laborers.

That's awful. The cumulative stress of sometimes imperceptible strain on the spine is massive.

GET ADJUSTED!

Let your body thank you later by feeling good, having *more energy*, and a good mood. 😊

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