

Managing *Your*

HEALTH CARE

GOOD HEALTH IS OUR GREATEST GIFT

by Dr. Murtel Grant, D.C., N.D.

A healthy body is our gift from God! It is a gift to be prized and not taken for granted. We often don't appreciate it until we are laid up for a time.

If we are lucky enough to be given a new expensive car, we would be so thrilled and appreciative that we would do everything in our power to look after it and protect it.

We would keep it cleaned and polished inside and out. We would buy the best gas and oil to keep the motor running smoothly and all parts of the engine in top shape. We would take it in for tune-ups regularly. WHY? Because we know that performance depends on the care we give it. A car or its parts however, can be replaced.

Our body (and parts) have been given one life to live.

Never take your good health for granted - it can be taken from you. A little neglect over a period of time can start a cascade of health problems. It may begin as follows with: Digestive problems; pH imbalance - acidity build-up, sluggish bowels (or over active bladder), headaches, stiffness - aches and pains - sudden cramping of muscles, hormonal change/ menstruation/menopause/loss of energy, memory problems/lack of mental acuity/focus/possible ADD or ADHD, impotence/infertility/ miscarriages/sex problems/prostate, blood pressure/cholesterol/ heart palpitations, anxiety/moodiness/depression, insomnia/ dizziness, mild arthritis, candida yeast infections/acute or chronic, lowered immunity or anemic tendencies.

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