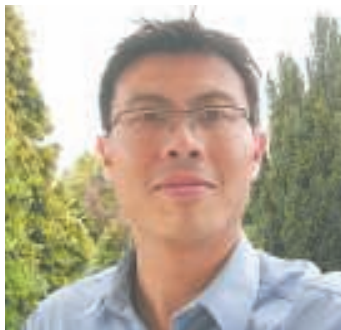


Bad Spine? Simply Get a New One Here!

At the Women's Lifestyle Expo one common question I was asked was: "what's the difference between a chiropractor, an osteopath and a physiotherapist?" As a chiropractor, I focus on how your spine and your body structure talks to and stimulates your brain. (And of course, how your brain talks to and stimulates your body structure). If a health problem you are facing comes from a problem in the quality of this co-ordination between brain and body structure — and a severe medical condition is not the sole cause — then it's probably a chiropractic problem.

During the Expo weekend I had the opportunity to provide brief chiropractic reviews at no charge of 200-250 people and was struck by a number of observations.

Most people who asked me to check them already knew that they had specific problems. In a sense I was simply confirming what they already knew. Some patrons even



Dr Tat Loo: Chiropractor

asked me to determine what those problem areas were *without* telling me first — this is one way to keep a chiropractor on his toes.

Others had very interesting reactions. When they realised I was doing chiropractic body structure and spine checks they said "I know my spine is stuffed, no thanks" and walked away. This reminds me of a joke a friend once told me. Denial is a big river in Egypt.

My recommendation: if you can feel unresolved issues tying up your body structure and spine, giving your body dis-ease, then it's crucial that you get it looked after, and preferably sooner rather than later.

The time to maintain an engine is before the bearings seize and the gaskets blow and everything grinds to a halt, not after. It's cheaper and better for everyone concerned. If you think that things have been gradually deteriorating, take the initiative to look after yourself. However, the chiropractor is not so much the mechanic looking after the engine, but the person who looks after the electronic control microchip which keeps the engine humming away in balance, with a mix of power and maximum efficiency.

You can always drop a brand-new engine into a car body. You can't do that with a spine.

This content reflects personal opinions of Dr Tat Loo, a Dunedin-based chiropractor.

He may be contacted on 474-0030 or at info@bodymindspine.co.nz. Download a .pdf copy of this ad to keep or forward to friends by visiting our website and clicking "Health News".

For Overuse Nerve Discomfort in Your Arms and Hands

Encouraging...
Mobility,
Productivity &
Resilience...

BodyMind & Spine

CHIROPRACTIC CARE

Drug-free
chiropractic
care to get more
from every day!

Located at  below World Fitness Centre, Hanover St, Dunedin

www.bodymindspine.co.nz

474 0030