

# *Keep the Momentum*

**Health comes in cycles and when you are on a roll, keep the momentum going!**

**Keep with your healthy habits and routine until it becomes a natural part of your life that is easy to maintain and achieve. It is so important, as you are now setting healthy habits and standards that can positively affect every aspect of your life and even your life expectancy!**

**This is a routine worth keeping...**

**We understand and appreciate that it may be difficult at times to keep appointments and that we often feel we can let things lapse once we are feeling better, but these are self sabotaging and self destructive old bad habits and thought patterns which created this circumstance in the first place, and are getting in the way of your true health potential.**

**If you want something different out of life, you can't expect to do the same old thing. What you do with your care reflects your commitment to what you do with your life and lifestyle.**

**I think we can all agree that if we eat one bad meal now and then it's not a big deal, but over time if we do it more and more it adds up and we can expect to be unhealthy and gain weight, an easy example is that one can of Coke or Pepsi a day, (even diet by the way) only one, will cause you to put on 15 pounds in weight in one year, again one small thing adds up over time.**

**If you miss an adjustment for one week, it may be a small thing, but gradually over time, the more you miss the more imbalanced the nerves and tissues will get and eventually ill health, lack of energy and eventually pain will return. This often brings disappointment and negative thoughts.**

***Chiropractic care is not a specific treatment, or a course of care, it is a lifestyle of prevention and health!***

**Make your adjustments, exercises and eating habits a healthy routine, and keep up the good work that you've worked so hard so far to achieve.**