

Getting older? Don't give in just yet

A patient of mine, Pat, told me the following true story. It's appropriate to some thoughts I would like to share with you

Pat walked into the office of his optometrist and there, in the waiting room, sat an acquaintance of many years,

A retired executive of a local bank, he and Pat had known each other through Rotary and, of course, the bank.

John sat, head bowed as if nodding off, his hands clasped in his lap. There was no evidence of the bright spirit, the energy that Pat remembered his friend.

Pat sat down next to him, put his arm on his shoulders. "John, how are you? It's been a long time" said Pat.

John shook his head. "Not good," he replied.

Surprised and concerned by the response, Pat asked quickly, "What's the matter? Tell me about it. Perhaps I can help."

John glanced over at his friend sitting next to him. "It seems to go from one problem to another," John replied. "One day it's my back. Then it's my leg and next it's my shoulder. And if that's not bad enough, it's beginning to affect my golf game.

"It seems like it just gets worse and worse every day."

John gave a slight shrug of his shoulders.

"But I am getting older, you know and I guess all of this goes with the territory."

* * *

Sound familiar? "You're getting older, you know." Right off the bat, let me assure you that it does not need to go with the territory.

Let's suppose you have a pain or a severe ache which limits your day-to-day activity, a pain in your lower back which convinces you not to take that daily walk, or a really sharp pain in your right shoulder which prevents you from working around the house or sleeping on that side, all of this accompanied by a lack of vigor and vitality and eagerness for life.

You don't like the way you



The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
Easton Md.

(As told to Bruce Hotchkiss)

feel; you're frustrated and indeed a bit frightened. You've got to find relief.

Thus begins a round of visits to a doctor, or perhaps two or three doctors, a drug prescription, or perhaps two or three prescriptions, a number of time-consuming diagnostic tests, perhaps a mention of surgery. If you hesitate when someone asks if all of that helped and you have to think about an answer, it means it didn't help as much as you hoped it would.

What you remember from each and every stop along the way is this assessment: "Well, you're getting older, you know."

Of course, we are all getting older. And sure you've given that body a workout along the way. There's been some wear and tear, but if you take the appropriate steps, you don't have to surrender to it.

Since I opened my office here in Easton in 1991, literally thousands have chosen a different path, the path to wellness through chiropractic care, patients who have dared to buck the trend, who refuse to accept the premise that getting older guarantees a loss of vitality and mobility.

For over a decade, every month in these pages, patients of mine, of all ages, have been sharing how they refused to give in to the aging process and/or the disabling vagaries of the body.

After all, change does not

happen on its own. It takes action. Why not call our office (410-820-4070) and set up a "discovery session" with me?

And "discovery" it can be. You and I will sit down and go through your history. Together we can learn more about your condition. I will answer every question you may have. We won't even plan on doing x-rays or any other diagnostic testing. We will simply investigate whether going farther than our discussion is warranted. (There is no charge for these discovery sessions.)

You will discover that the patients in our office truly did not like their previous situations, and decided not to settle for second-best without a serious challenge of the status quo.

Consider Sue, another of our patients. Admittedly a bit curious, she had read some of our articles in search of an avenue for relief. She was beginning to lose hope. Would she ever be able to sit through a show, or ride in a car for any distance, or resume her daily walk?

Well, she will tell you now she is back in action, traveling, making memories with her family. She missed a piece of it but for Sue, life is good again.

P.S. Still not ready to make the call? Here are a few 'baby steps' to try.

Visit our website at www.drcianci.com and read some testimonials under "Cianci Chronicles," or view some videos, all from the comfort of your home.

Or attend one of our health enrichment workshops on the second and fourth Wednesdays of each month.

These are great ways to learn more about how we may be able to help. Seating for the workshops is limited so call to reserve a seat.

(For more information on Cianci Chiropractic, call the office at 410-820-4070 to set up a visit with Dr. Cianci or to attend his free bi-monthly health seminars. You can also find Cianci Chiropractic online at www.drcianci.com.)

•• Paid Advertisement ••