

Natural Spine

When we're discussing wellness, it is important to remember that every *body* is different; with different goals, needs, capabilities and abilities. Achieving and maintaining wellness hinges on two foundational concepts: our choices and our ability to embrace change.



Dr. Scott
Gamm

Choices. There is a direct correlation to our choices and our body's feedback. Most Americans are not achieving ideal health due to unhealthy choices that bioaccumulate over time. One cheeseburger on white bread won't clog your arteries. However, choices accumulate and affect your overall quality of life. Focus on making healthier choices and building them into habits. The road to optimal health isn't an overnight journey.

Embracing Change. Why is it difficult for people to embrace change? It's human nature, where we seek physiological, security and social *certainty*. Some experience fear when certainty is removed; others have no desire for change. However, without change we stagnate. To increase health and well-being, we must keep adapting proactively. Yes, it would have been easier to start years ago, but now is the next best time. Start with a few things you can tackle realistically, then keep going.

Visit Dr. Scott Gamm at Natural Spine, 704 Commerce Drive in Decorah. Make the *choice* to *change* and give yourself the chance to lead the life you deserve.