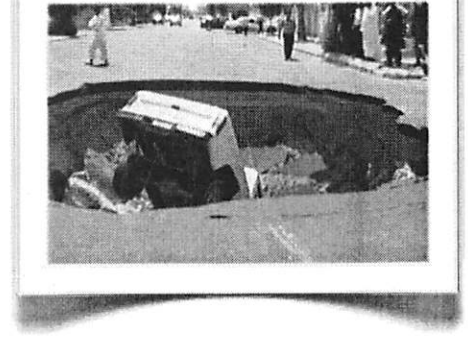

Pamer Family Chiropractic

"Health by Choice, Not by Chance"

The Three Conditions



We've all seen them, and we've all probably hit a few. They're potholes. Even a small one can be annoying and cause problems. However, ignoring them, and trying to drive around them, only worsens the problem. The same is true with our health. If we ignore our small "potholes", the results can be devastating.

There really are only 3 kinds of health problems or conditions and they are:

- Acute
- Chronic
- Permanent

These conditions can be progressive. The first time someone's health begins to fail, there are usually no symptoms. When the body has been moving in an unhealthy direction long enough for it to begin to break down, symptoms generally appear. The first sign of a symptom does not mean that the health problems associated with it are acute or new...it just means the *symptoms* are new. An acute health problem is usually one that develops as a result of an obvious injury either physically, chemically or emotionally.

If the *cause* of that health issue remains, eventually the problem returns, symptoms return and the body demonstrates signs of a chronic problem. Frequent signs of a chronic problem include symptoms that come and go, x-rays that demonstrate localized areas of spinal degeneration or decay, muscle problems that won't be massaged away or simply health concerns that most people use over-the-counter medicines to deal with. Permanent health problems result from simply treating *symptoms* when they arise, while ignoring the underlying cause of the malfunction in the body. People often use medication to try and bring comfort to a malfunctioning body. Unfortunately, this only buys comfort...not health. And, actually, this practice usually causes additional health problems. Choosing to medicate,

instead of addressing the cause of the dis-ease in the body, enables a person's condition to progress from acute, to chronic, to *permanent*.

It is for these reasons that we so strongly recommend looking for, and eliminating interference in the nervous system, as soon as it develops...not just when *symptoms* develop. It is also why we are so adamant about seeing entire families in our office, and not just adults. We realize how important it is to make sure your children grow up *healthy* rather than wait for them to break down as adults.

In health,
Dr. Pamer

Be exalted, O God, above the heavens; let your glory be over all the earth. They spread a net for my feet—I was bowed down in distress. They dug a pit in my path— but they have fallen into it themselves.
Psalm 57: 5-6