



Living Dangerously or Being Dangerously Close to Living?

Increasingly, people are becoming concerned about more than simply longevity. The value we ascribe to living to 70, 80 or 90 years of age is more and more contingent upon the quality of that life. What constitutes a high level quality of life? Freedom? The freedom to be ourselves, to pursue our creativity and dreams, to travel about unrestricted, to express our thoughts and feelings?

How about relationships in which we can love and be loved? Rewarding work and other forms of contribution to humanity? A sense of security and certainty balanced with a complimentary passion for adventure and surprise? How about the regular experience of pleasure without the pain and debility of dysfunction and disease? Would this also include living frequently in a state of vitality and enthusiasm, excited about the plethora of possibilities awaiting your attention and energy?

Do these descriptors reflect your life currently? Do you desire something more? You can settle for your present state and even justify your inaction toward change based upon being a victim of difficult circumstances and other people? You do then have the security of familiarity and predictable results. However, **you may miss out on the primary juice of life.** You may miss out on living a little dangerously while settling for being dangerously close to living, or you can realize you have been given the freedom of choice.

You can create your life anew in most any aspect and select your lifestyle. The summation of your daily choices of lifestyle will ultimately determine your quality of life. Quality of life does not stem from momentary whimsy, but from ongoing thoughts that lead to actions, and then to habits, which develop into character, and result in your destiny. Can you see and appreciate where you are headed?

Health and wellness are not generally goals or ends that we strive for. However, would not a state of optimal health enhance our ability to attain,

appreciate, and express all of our primary dreams and desires? Is health not intimately linked to our quality of life?

Do we not sacrifice freedom (one of our most revered pursuits) when we are caught in a web of pain and disease? Don't we become more dependent, restricted, anxious, worried, pessimistic, etc? Are we not then only shadows of our possible selves? Must we as humans be motivated only by crisis or can we have the foresight to make regular deposits in our health bank accounts to be drawn upon later when unforeseen stressors threaten to take a toll?

The nervous system directs and coordinates the health and vital functioning of all systems and on all levels. This involves the physical, including immune function, the mental/emotional, including clarity of thought, focus, and mood as well as our performance in all its many facets.

Mounting research verifies that it is impossible to be optimally healthy if the quantity or quality of nerve system communication is disturbed. It is imperative in that regard to have your nervous system computer analyzed periodically for distress, regardless of symptoms. Symptoms of health loss often do not surface until late in the game. Regular, intermittent precision spinal adjustments are one of the foundational components of creating a high level quality of life. Make your life worth living now, but also well into the future.

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