

THE BODY IS MADE TO HEAL ITSELF WITHOUT DRUGS, SURGERY

By Derek Conte, DC

As a chiropractor I like to acquaint individuals with what chiropractic is and how its application helps the body heal itself from a wide range of health problems without the use of drugs or surgery.

What does this really mean? (Some of you have been to chiropractors and may understand but many of you have not.) Is it magic or another hoax? It is neither. It means that God made every living creature with a built-in system for growth and repair and all of us should be able to resist or recover from any illness provided we care for ourselves in the proper way.

We can keep ourselves safe from illness. But when are we not safe? We are not safe when we violate the healthy, natural habits, which keep us happy and well. These include fresh

food and water, rest, physical activity, meaningful work and some sort of spiritual life in order to see our lives in a greater context.



DR. DEREK CONTE

I seek to help you understand how your body works and how to care for it. Think about this: If you cut your finger you expect it to heal. Why is it when we have an illness, we don't have the same expectation to heal and we use drugs?

The same healing mechanism applies for both. Would God leave us incomplete? And how did Man ever survive eons of injury and disease before the advent of drugs? Why are some among us getting sick and others not?

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