

Health mistakes?

Are you one of those people who *must* try the latest diet plan?

Do you suffer from pain and know in your heart that covering it up with meds isn't the best thing for you?

Do you have trouble getting out of bed in the morning due to lack of energy?

Do you feel unhealthy and have no idea what to do about it?

Many people do not feel their best because they have been misinformed or misdiagnosed and are not doing the right things to get better.

Here are the four most common health mistakes people make:

Ignoring the pain. Believe it or not, ignoring pain is common. People often think it will go away. Unfortunately, the problem usually becomes worse. Ignoring pain is like ignoring the red engine light on the dashboard of your car. Trouble will follow.

Covering up the symptoms. Taking a pain pill, muscle relaxant, or anti-inflammatory only covers up the symptoms, making a person think they are OK when they are not. This often prevents or postpones proper treatment or causes you to overdo and re-injure yourself.

Trying the latest health fad. Just because something is a new breakthrough does not make it good, safe, or effective. We often find that a wonder remedy is harmful a few years after millions of people have used it. Fads come and go, but the things that really work endure.

Taking the wrong supplements. The latest and greatest supplement may just turn out to be hazardous to your health. It is a vitamin jungle out there – a jungle where you could really use an experienced guide to help you identify supplements that can truly help your body heal and rebuild from the inside out.

So many people have come to me confused and desperate about their health. By identifying the underlying reason for their health issues, a long-term solution was found.

At Thorburn Chiropractic & Wellness Center, we provide a balanced and unique approach to your health and wellness. We offer the best of both worlds, blending traditional and natural medicine.

You *can* feel great again.

Call us. (818) 841-1313