



# Dr. Stan Talks

Chiropractic Lecture Series

**SPINECARE**  
CHIROPRACTIC  
Dr. Stan Marcus D.C.

## The True Meaning of Health

### LESSON 1 –

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If I was to ask you what HEALTH means, what kind of an answer would you give me? Think about it!!

The most common answer that I receive is “**Health means Feeling Good.**” It is true that feeling good is a great thing, however, you *must* understand that “feeling good” does not represent true Health.

For instance, I may feel great, but if I have high blood pressure or high cholesterol or another non-noticeable internal problem, **THAT IS NOT HEALTHY!** This is very important to understand, and is the main reason why the medical system is failing. They (MDs, pharmaceutical companies and the government Health groups), and our society, put the emphasis on feeling good when it should actually be on **FUNCTIONING WELL!**

The true definition of HEALTH is (and this is right out of the dictionary):

**“a state of optimal physical, mental and social well-being, and not merely the absence of disease and infirmity”**

What we, as Health Professionals, should be trying to achieve, is to help each of our Clients/patients achieve this optimum state.

This cannot be accomplished with just providing drugs to help with temporary pain relief. It cannot be achieved by removing organs.

It will only be achieved by each of us taking care of our bodies and minds through daily lifestyle changes involving:

- 1 – **Exercise/ Movement**
- 2 – **Proper Nutrition**
- 3 – **Proper Rest**
- 4 – **Decreasing Stress**
- 5 – Having a well tuned **NERVOUS SYSTEM.** Brain and spinal cord communicating with all your parts, all the time. This is where Chiropractic is totally important!
- 6 – **Spirituality/ Faith** (for many people)

So, I hope, you can deduce from all this that HEALTH is not just about Feeling Good.

It takes a lot of effort to get a body even close to Optimum Health and it takes just as much effort to keep it there!!



**MY Mission has, and always will be, to help as many people as possible, from infant to seniors, reach this optimum state we call HEALTH, in a Drugless, Natural manner.**

I will help you and your family achieve better Health by removing Spinal SUBLUXATIONS (misalignments) which may slow down nerve signals and, thereby, creating a state of disease. As well as Coaching you through exercises, nutrition and rest. The Stress part you need to deal with on your own. That gets way too complicated for me!

But more about that in our next lecture.

For now, my main concern is that everyone understand the true meaning of Health so that we can start you on the road to achieving better Health.

I hope this has been a good start. Please don't hesitate to email me with comments or questions. And please don't hesitate to pass this info on to others.

Until next time, Stay Well and Stay Happy!

Hope to see you soon for your next spinal adjustment.

*Dr. Stan*

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