



CATER CHIROPRACTIC

CLINIC

Wellness

Dr. Halbert Dumn (1961) defined wellness as a lifestyle approach for pursuing elevated states of physical and psychological well-being. In order for us as people to achieve true wellness, we must recognize the body's natural born ability to heal itself. In doing so individuals are able to focus on the lifestyle habits and outside influences that are contributing to the underlying problem. This is what is called the root cause of the problem. On a daily basis people need to be making the correct lifestyle choices that effect the body in a positive way before any symptoms begin to appear.

Remember: don't mistake an absence of symptoms as the presence of wellness.

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