



“Innate’s To Do List...”

Jane was adjusted for 4 weeks with NO relief. I knew she was going to be a tough one, but I was hoping her sciatica would be at least 10% better by now... not a chance. When she came in that day she was not happy.

"Doc, I don't think this chiropractic stuff is working. I'm still hurting as badly as I did on day one. I'm losing hope!" Jane says, "I think I should see a specialist."

In an effort to find something positive I ask her... *"You've been faithful to your schedule and your adjustments are going smoothly. There must be SOMETHING improving with your health... think hard."* Jane stops, reflects a bit and then shocks me with what she says next.

"Well to tell you the truth, I can't have a normal bowel movement without taking laxatives. I can go days or sometimes weeks without one. But ever since the first week of care I've been going regularly every day without taking anything medication." Then I respond...

"The Doctor inside you, your Innate Intelligence, has a long list of things to do to keep you alive and well, like 'digesting today's breakfast... checking your liver enzymes... healing that nasty bowel problem.' Fixing the constipation issue was probably more important to do first in order to avoid a bigger problem in the future. TRUST THE PROCESS! I'm sure healing your sciatica is on the list too. Maybe just a little further down."

Sure enough, in another 2 weeks Jane's sciatica problem improved and eventually healed! Innate has its own healing agenda. So be patient. Sometimes the problem highest on *your* healing to do list isn't the first on Innate's. Until next time.

Notes: The body takes time to heal.
Chiropractic gets the job done and allows the body to heal naturally.
Dr. Sharon and I will see you soon at the office, have a wonderful week!

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