**Quote of the Month – The power that made the body heals the body**

This quote is so important because it demonstrates how powerful our bodies really are.

For example, when you cut yourself, you don’t have to consciously think about and put effort into healing it. Your body does it for you anyway. It’s not the plaster that you cover the cut with, or the antiseptic wipe you use, it’s the self-healing power of your body.

When you first join us and we do your induction, we spend a lot of time talking about chiropractic philosophy and what that means about how the body is self-healing.

Your body is clever. It gets rid of toxins and adapts to your environment so that it can heal and get back to working at its best. It’s time we start talking about it more.

We talk to our patients about this in our health talks, but how often do we talk about it with them outside of this? Or how often do we take our body for granted?

It’s time we thought about it more and demonstrate the true power of our bodies to our patients.