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February 2014 Newsletter

Any Shortcuts?

Did you ever notice that there are really no shortcuts in life. I don't know why but it seems like it is pre programmed into our "being" to not believe this and to continue to search for the shortcut no matter what.

A long time ago I set a goal to run in the Chicago Marathon. I have run off and on for most of my life, but never the distance I knew I needed to achieve as preparation for a marathon.

I Can Do This!

So I did my research and read what the "experts" suggested for a training program. I learned that besides a lot of miles during the week, one day of the weekend I should do a long run. A distance around 15-20 miles (without stopping)!! As I was thinking about the long runs on the weekends, in the back of my mind I decided (my shortcut) that the long runs on the weekend might not get done.

Guess What?

I am happy to say that I finished the marathon I set out to run, but because I took the shortcut and did not put the proper miles in on the weekend, my time was less than stellar.

Are you wondering what this has to do with chiropractic? The point I want to make is that with the chiropractic, and the program the Chiropractor recommends (just like the miles I needed to put in for the marathon) are done for a reason. That is what it will take to correct your spinal challenge. To look for a shortcut is just that. It will cut short your results.

So to have a productive and healthy 2014, resolve to go the distance and do what it takes to not take the shortcut!!

Use this newsletter as a coupon and for \$40.00 you can get a consultation, examination, x- rays (if needed), and a report of findings, to see if you might benefit from chiropractic care.

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