

Your body's three dimensions

The cause of your concerns may be present in one or more of the three dimensions of life. There is the physical, consisting of the bones, ligaments, tendons, muscles and other connective tissue of the body. These give the body structure, support, protection, and most importantly, movement. Then there is the biochemical dimension, which some of its many duties include converting foods into fuels, eliminating waste products, and balancing the nutrients and chemicals which control the cells that help our body function optimally. Lastly there is the energetic/emotional dimension. Great emotional health is essential for overall wellness and energy and emotions are intimately tied together.

By identifying the dimensions the cause is centered in, we can tailor our approach to your concerns. However, our care is designed to teach you about how to restore balance in each of the dimensions. This helps your body to quickly resolve its current issues, and to keep that balance to improve your health and wellness through the years.