



## Summer is a Perfect Time to Choose a Healthy Lifestyle

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By Dr. Edward M. Burstein

Summer is the time when most people take life easy. They escape from the stresses of daily life that they endure the other three-quarters of the year. They reacquaint themselves with spouses and children, enjoy the outdoors, take up fitness programs, and eat lighter and healthier meals. I encourage people to go one step further; choose to be healthy for the whole year and every year thereafter, and choose to live life without disease - rather than heal from disease. Start right now, start this summer.

The season calls people to open their houses to the fresh air, walk in their yards and neighborhoods, and toil in their gardens. Unfortunately, for many people summer also brings allergies, headaches, backaches, tennis elbow, sore knees and shoulders, rashes, Lyme disease, and much more. Instead of enjoying every summer day to its fullest, they compromise and settle for a “good day” here and there. They pop pills to cover up the aches and pains, and end up feeling just okay. This is how millions of people across the country spend their entire lives.

Health, is the other way of life. True health is living in harmony - with yourself, with those around you, and with nature; it’s not merely the absence of disease. A harmonious body is one that is physically (skeleton, muscles, organs), biochemically (diet, nutrition), and emotionally/spiritually in balance with itself and with nature. All aspects of the body are working together.

Some people have found health. Take a look around. Why do some office workers get the flu, and others don’t? In a group of 85-year-old people, why are some slumped in wheelchairs while others are dancing, playing with grandchildren, and even playing golf? Why is it that 10 people can be bitten by an infected tick, and only half of them get Lyme disease? The answer is stress. Physical, environmental, biochemical, and emotional stress are powerful enemies. In fact, it is not disease which kills, but rather the disharmony with which people live their lives. Stress... upon stress... upon stress... upon stress. The body eventually loses its ability to fight.

To achieve health you must change the way you think. Think wellness and disease prevention, rather than the traditional approach of symptom relief. And, remember that each person is a unique individual and stress affects each person differently. Why settle for an across-the-board diagnosis, such as “allergies?” Instead, choose to enjoy this summer to the fullest and be ready to fight back when the sneezes, sniffles, oohs, and ouches of the season attack.

Editor’s note: Dr. Burstein is founder and Clinical Director of the Berkeley Heights Chiropractic Center, a multi-doctor holistic health care center dedicated to natural healing and optimum health. He has been awarded the status of Teaching Diplomate by the International College of Applied Kinesiology, and shares this distinction with only four other chiropractors in the state and 117 worldwide. Dr. Burstein has lectured at Overlook Hospital and Robert Wood Johnson University Hospital on immune, autoimmune and chronic degenerative diseases. For information, call (908) 665-0770.