

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1R8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Don't Let The Recession Get You Down!

By choice, I do not spend much time listening to the media coverage of how poorly our economy is doing and the further doom and gloom we should expect in the near future. I agree with many of our country's leading economists when they say that the media exaggerates or "spins" the fact that our economy is having its problems. These economists also say that, as a result, the average person becomes paranoid and cuts back on all spending, which further starves our economy and pushes it further into a recession.

In fact, people become so paranoid about saving their money that they even willing to sacrifice their health! They cut back on eating fruits and vegetables because they are more expensive than most starchy foods. They cancel their gym membership. They take on that second job instead of having the mental and physical downtime that their body needs. Did you know that, even in this so-called "deep recession", McDonalds restaurants are showing increased profits? Now that is a scary thought!

It is also a general trend for people to cut back on their much-needed physiotherapy, chiropractic, massage therapy, and dental needs. People that have MSP and/or private extended health insurance are even falling for this "recession mentality". They are so paranoid about money that they cut back on their health care needs even though they pay very little up front, or their private insurance reimburses them. For example, did you know that if your net household income is under a specific amount that the Medical Services Plan of BC pays 2/3 of the fee to see a chiropractor? Did you know that your private extended health insurance, if you have it through work, will reimburse you for usually three or four hundred dollars of chiropractic treatment per calendar year? Even during our so-called deep recession! The point is that your coverage for many of your health care needs is the same now as it was a year ago when the economy was booming.

Don't get me wrong; I am not saying that the recession doesn't actually exist. I am also not whining because less people may see their chiropractor during a recession. I am just trying to make you realize that by falling for the hype and sensationalism of this recession, you are actually promoting it. Most importantly, I want you to realize that you don't have to compromise on the quality of your life and health in order to "recession proof" your household.