

Structure and Function

Your body's structure determines how well you function. Most people understand this principle when it is applied to an alignment for their cars or an optimal foundation for their homes but not everyone has thought about how the structure of the body and the body's systems can alter their function and affect their health (for better or for worse). Being proactive in taking care of your structure can help prevent a myriad of problems for your future. Waiting to experience pain or other symptoms puts you at a disadvantage.

The medical paradigm can offer us tests, drugs or surgeries, which is optimal for true emergency situations. But when it comes to regaining or sustaining health, there are better and more efficient options to consider. As overall confidence in the medical community is diminishing for a variety of reasons, it is important to learn about other healthcare options; becoming confident in choosing alternatives to medicine. Asking solid questions and renewing our minds are keys to overcoming the current healthcare obstacles of the day. This information is especially relevant for those trying to get pregnant or who are about to bring a baby into this world.

Drs. Tim and Cathy Taig experienced a journey that lasted 16 years before they were able to have their family and have discovered some alternatives to medicine that can help your family achieve better health. Learn what they found out and how you can apply what they learned. Tune in to the Faith and Family Frontier podcast every Wednesday on the Charisma Podcast Network and hear how to take your family's health to the next level. {eoa}

The Taig Team (Drs. Tim and Cathy Taig) *have been in chiropractic practice since 2002, serving West Michigan. They waited on the Lord for 16 years before their children came forth and that journey resulted in life experience, knowledge*

and wisdom that they now share with their listeners on the Faith and Family Frontier Podcast. They are called to help this next generation achieve strong beginnings for their families.

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