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Priorities

As we enter uncharted waters with the COVID-19 pandemic I am reminded of the priorities in my life. The increased stress lead by the influx of media overwhelm has raised the anxiety levels in many individuals. Not to mention the panic that has guided the hoarding of products necessary to those in dire need of them. It has become increasingly apparent that not only are we dealing with current situations such as uncertainty in the way business will be conducted, how we live our lives, the post-pandemic trauma to overcome and what is important in our lives. The question is, “What is the real priority?”

We are in this together and need to make sure we are helping one another. Why, because it builds immunity. Many studies show that community engagement builds immunity. Ritual or repetitive habits that encourage positivity build immunity. A sense of normalcy and belonging builds immunity. That is why when we speak of the adjustment at the hands of a licensed Chiropractor we are speaking of more than the physical adjustment. The repetition of your adjustment brings a rhythm into your life which physiologically changes the chemical makeup of your body and helps build your immunity.

In this time of Social distancing and sequestering ourselves in our homes it is necessary to have some sort of normalcy in our lives. Isolating ourselves from everyone only increases our anxiety, stress, thoughts of depression, etc... It is important to stay connected. Obviously, there is protocol to follow but somehow, someway we need to connect.

What are your priorities? Health is obviously at the top of the list. So, what can we do during this time? Connect with your family, have a game night or dinner together. Work on Gratitude every morning for it builds immunity. What actions are you going to take to boost immunity? Get Adjusted, get rest, eat properly, exercise and practice speaking with people about uplifting subjects. All of these things will help. Remember there is no cure for COVID-19, the only protection is a strong immune function. Only you can decide what to prioritize.

Remember,
“The Power that Made the Body, Heals the Body!”