

BODY BY GOD

Last August Dr. Denise Woods became the first tenant in the office/shopping complex next to the MidAmerican Center in Council Bluffs. Denise opened up her Total Care Chiropractic business at time. She explained her practice incorporates aspects of spirituality with the treatment of aches and pains. Patients come to her for specific pains, Denise noted, but treatment includes a serious discussion about general health, stress, nutrition and exercise. Over the past decades we have been making more food choices for convenience rather than for the best nutrition. Also, many of us spend a lot of time setting at desks looking at computer screens rather than doing a variety of physical labors for our work. These choices have put new stress and strain on our bodies that usually manifests in aches and pains. Our work of today often has repetitive motion that leads to limited function. Denise explained that she discusses all these issues with patients so they might achieve the state of living planned by God to serve Him.