

Dr. Sima Goel is not spineless when trying to cure what ails us!

A word of caution here: If you're spineless, don't read another word. And I mean that in the most literal fashion. If you're an amoebae, worm or some other sort of invertebrate, stop right here. This column, dealing with Dr. Sima Goel, would have no appeal to you whatsoever, so, really, what's the point?

I, on the other hand, have a spine, and meeting Goel, who is a Doctor of Chiropractic, proved to be spine tingling in so many ways. Iranian-born and 40, she has had her practice in Decarie Square for 12 years now. Her 1983 arrival in Montreal was quite exciting, to say the least. Since then, now married with two young sons, she has kept the excitement levels up by helping her patients reach optimal health through natural chiropractic care.

"Health is by choice, not by chance," she told me right off much as a caring mother giving advice. "We don't randomly get sick, levels of toxicity (too much sitting, fatty food etc) and deficiencies (lack of exercise, lack of spinal hygiene, lack of movement etc) determine our level of health.

Dr Goel specializes in care for her patients as a whole, not just for the pain the patient complains about; she works to correct cause of the problem.

Correction of subluxation (damaging pressure cause by a shift in spinal vertebrae) is the primary goal. Poor posture is also an indication of subluxation. Subluxation is our body's attempt to adapt to our chronic stressful lifestyle, such as sitting to long, car accidents, sports injuries, falls, sedentary living and repetitive movement. The trauma from these episodes is cumulative. No amount of drugs or surgery will cure the detrimental effects of subluxation.

You may ask how do I know if I have subluxation? You would not know at the early stages and that is why subluxation is called the "silent killer". However at later stages the pain is a red flag that your body can't cope with anymore. Symptoms such as head aches, migraines, arthritis, neck pain, lower back pain, carpal tunnel syndrome, fatigue, depression, insomnia, sinus allergies, lack of concentration, and weight gain are just a few examples.

We are suffering from too many illnesses that are preventable. Providing sufficiency and purity to our body is the only way to change our health crisis. Weekly seminars are given on a wide range of health-related issues, such as "Scientific research on who gets well and who stays sick", spinal hygiene, exercise and even meditation classes are available. "I want to empower people to take charge of their health and build the foundation of happiness and joy.

Further care is very affordable and you'll be happy to know that Dr. Goel has affordable family plans. You can call Dr. Goel at DECARIE SQUARE FAMILY CHIROPRACTIC (located at 6900 Decarie Blvd #340 , near Winners). **Their phone number is: 514-344-6118.**