

Do You Need A Wellness Team?

Dr. Angela English DC

It is no question that our bodies are very complex. The more that science progresses the more that is unveiled that we do not fully understand. It seems common sense then that problems that arise in the body are also complicated and keeping our bodies working properly is similarly complex. This is why it can be very important to have a team of health care professionals working together to achieve your health. Wellness centers and clinics are attracting more and more patients, not just because they often are a place of “last resort” for many, but because people are becoming advocates for their health and know that the philosophy of wellness centers work. A wellness team is a group of multidisciplinary practitioners that can teach patients to take charge of their health and work together with practitioners to find answers to why are bodies respond the way they do through any symptoms they are presenting.

The human body works on a number of different levels. Some of these levels are well known and understood and some are still being discovered as science advances. With so much to be learned yet on how our bodies work, healing problems that arise can be a very complicated process. Acid reflux is a great example of a health problem that may seem simple, but has been found to have numerous triggers and is more elaborate than originally thought. Most people understand that acid reflux is caused by an over production of acid in the stomach that starts to irritate and rise up the esophagus. In actuality acid reflux can be caused by several different mechanisms: excessive sinus drainage into the stomach, an over stimulation of nerves that go to the esophagus or stomach, restriction in the diaphragm that is causing a hiatal hernia and trapping food in pockets of the stomach, food intolerances or inability to breakdown certain foods that cause irritation to the stomach or esophagus. These are a lot of reasons for one simple problem, and there are even more triggers to acid reflux than those listed above. This is also why simply taking an antacid usually leaves you feeling minimal relief whereas having a group of health professionals working to find the root of the problem can help you to feel better.

Do you need to have a serious health problem to go to a wellness clinic? Not necessarily. Our bodies have the ability to function and compensate for days, weeks, months or years when bodily processes may not be working out to par. Some common symptoms such as fatigue, sleep disruption, headaches, depression, and weight fluctuations may be a normal part of your life, but can lead to more serious health problems down the road. Health professionals within a wellness clinic are trained to think “outside the box” and look more intricately at how the body is working. They are an invaluable resource for finding the reasons why symptoms are occurring and that are preventing proper functioning of the body. Milwaukee is privileged to have several wellness centers in the area that are here to serve you in increasing your quality of life.