

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



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The Experts®
you need to know
on Chiropractic Care

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WHY DO CHIROPRACTORS PLACE SO MUCH EMPHASIS ON THE SPINE?

Statistically the vast majority of people who seek help from chiropractors do so because of back or neck pain. While you may think that is the reason chiropractors focus on the spine, you are mistaken. It's not patient demand that determines our focus, but rather it's our focus that has created that demand.

Chiropractic was first developed in the late 1800's. The first real chiropractic adjustment was performed on a gentleman who experienced restoration of his hearing from that adjustment, not back pain relief. At that time it was postulated that the power of the adjustment resulted from the effect it had on the nervous system. This theory has since been proven to be true. The function of the nerves exiting the spine are profoundly affected by chiropractic adjustments. Improved nerve function will occur all along the course of the involved nerve. It's the positive influence on the nervous system that makes chiropractic so effective. Problems at

the spine are significant inhibitors of nerve function.

The second reason chiropractors focus on the spine is that the spinal column is the central structure supporting the human frame. It is the attachment point for the arms, ribs and legs along with many muscles, tendons and ligaments. Proper spinal function is crucial for upright posture while allowing the body to bend and move. Spinal motion and whole body motion are keys to health. By improving the motion of the spinal joints, chiropractic adjustments improve overall body motion and health.

Chiropractic adjustments are effective because they improve both nervous system and spinal function. One of the positive results is that people experience reduction of back or neck pain. Since it is pain that motivates most people to take action, that's why most people first seek chiropractic care. But much more happens with chiropractic adjustments than just pain relief. The spine and the body move better. Nervous system irritation is reduced. The whole body becomes healthier. That is why chiro-

practors focus on the spine.

If you have neck or back pain, by all means seek chiropractic care. There is ample evidence that chiropractic is very effective to relieve the pain. But more than just pain relief will happen as your spine and nervous system function better. This could be a key for a healthier you in 2016. Call our office today at 403-529-9069 for a free consultation.

Can Chiropractic help you be healthier?



Call 529-9069 today for a FREE CONSULTATION



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