

Here's How a Chiropractor Can Benefit You

Your spine runs through the center of your body and encases the spinal cord, which connects to every organ. Along with your brain, the spinal cord impacts everything you do.¹

A healthy spine forms a perfect column to keep your spinal cord running unimpeded to your brain; every natural bend of the spine protects those nerves so they can perform optimally.²

Chiropractors look for what's wrong in the spinal alignment or movement for the purpose of detecting any abnormalities and fixing them.³

Because your spine is the anchor of your body, it is the center of health; whatever interferes with your spine, also interferes with your body's natural function.

These abnormalities in the alignment of the spine are called subluxations: The slips, misalignments, restrictions, affected nerves, and either pain or asymptomatic quirks that adversely impact your spine and health.⁴

We call these subluxations interferences because they cause interference in the natural function of the body.

These interferences show up in countless ways, including environmental toxins, out-of-balance hormones, stress, poor nutrition, and sitting too much.

Properly aligning your body's musculoskeletal structure (especially the spine) allows the body to heal itself, naturally, often without surgery, drugs, or other invasive procedures.

Many people visit chiropractors for back and neck pain.^{3,5} Chiropractic care can also help many other conditions, including osteoporosis, fibromyalgia, and headaches.⁵

Along with an adjustment, your chiropractor might take x-rays and incorporate other forms of analysis specific to your condition.

Your chiropractor can also help you create a lifestyle of change that removes interference. The chiropractic principles sit at the core of our 5 Essentials™.



Changes to lifestyle, diet, stress, and sleep are important. But what happens when you've made those changes and still don't have the results you want?

Chiropractic care could be that bridge that connects you with a new level of health and wellbeing.

If you haven't yet evaluated your spine—and, by extension—your nervous system and muscular structure, it's time to make an appointment with a chiropractor!

Never modify any medications or other medical advice without your healthcare practitioner's consent.

References

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3. WebMD. Chiropractic Care for Back Pain. <https://www.webmd.com/pain-management/guide/chiropractic-pain-relief#1>. Accessed February 11, 2019.
4. McGovern C. Tuning up the brain. What Doctors Don't Tell You. <https://www.wddty.com/magazine/2017/august/tuning-up-the-brain-1.html>. Updated on August 2017. Accessed on February 11, 2019.
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Dr. Name

Clinic Name
 Clinic Address
 Phone Number
 Website
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Short blurb about the clinic. This can be your tagline or a description about the doctor. It's entirely up to you what you put here.