

The Science of Chiropractic

Your spine, or vertebral column, keeps you upright, connects other body parts, forms your body's central support system, and lets your body move in different directions.¹

Your spine also protects the delicate nerve tissue within the spinal cord.² These nerves transmit information from the skin and other organs to your brain.¹ For instance, you touch a hot stove. Your nervous system sends pain signals to your brain. Your brain returns the message: Ouch! Pull your hand away!

A healthy spinal cord protects these nerves and communicates clearly with your brain. But any shift in vertebral alignment can create problems.

Spinal injuries can occur from a single traumatic event, such as lifting something heavy improperly. Spinal column injuries can also occur from repetitive stress, such as sitting in an awkward position with poor spinal posture, like hunched over, staring at a computer monitor for long periods at a time.³

The little things add up, too, and can create interference in your natural spinal alignment.

A chiropractor can address these issues and help you better maintain your spinal health in the future. When you visit a chiropractor, he or she looks for what's wrong in the spinal alignment and fixes it.

Chiropractors remove whatever interferes with the natural function of your body. After all, anything that interferes with the spine will eventually impact your entire body.

When you visit your chiropractor, he or she will give you an adjustment to remove interference. These adjustments allow for greater communication within your body and help you feel better.⁴

Consider back pain, which is the number one cause of disability.⁵ Adjustments can help your back feel better. But adjustments can also help improve other things because your chiropractor removes whatever interferes with your spine during the adjustment.

Chiropractic care can address back pain and other spinal problems. You're less likely to require more invasive procedures such as pain medications and surgery.

Three out of four people who see a chiropractor describe chiropractic care as "very effective."⁶

An adjustment can help you feel better, move better, and heal unrelated health problems. Many people experience a new feeling of "normal" after adjustments, feeling better than they have in ages.

Your spine is the anchor of your body and the center of health. Visiting a chiropractor will free your body to approach life vibrantly, with energy, health, and wellbeing.



References

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