

## Wellness & Chiropractic Care



Many people define being healthy as merely the absence of disease. There is a large difference between being healthy and optimal health. Chiropractic care strives for optimal health by treating the entire person and not just the area that pains you. One sure way to optimal health is to adopt a lifestyle that includes regular chiropractic care. Your chiropractor can recommend nutrition and lifestyle changes that can lead to longevity over the long term. Regular chiropractic check-ups help keep your nervous system at the top of the game allowing you to do the things in life that are most important to you without injury. Regular chiropractic adjustments help stimulate the nervous system, the control center for the entire human body. When the nervous system is functioning optimally, the body is much less likely to become sick because the nervous system is better able to defend itself against invading organisms and viruses.

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Chiropractic is now the third largest primary health care profession in the western world after medicine and dentistry. There are approximately 70,000 chiropractors in the United States. Chiropractic is a natural conservative method of health care priding itself in healing people without the use of medication and surgery. Chiropractic is a branch of healthcare based upon the scientific fact that our nervous system controls the function of every cell in our body. Interference (such as a subluxation in the vertebrae) at any point in the pathway of our nervous system will lead to dysfunction of various cells in our bodies. Consequently, abnormal cell function can be manifested in the form of spinal decay as well as other diseases in the body.

Chiropractors work to remove nerve interference by adjusting the vertebra allowing for normal nerve conduction.

Chiropractors are doctors who specialize in nervous system dysfunction as it relates to the spine. Nervous system function can become interrupted when spinal joints become mis-aligned or subluxated. Interruption of nerve function can lead to many different ailments, such as neck or low back pain, headaches, numbness or tingling in the arms or legs, and carpal tunnel, just to name a few. Subluxations can be caused by a multitude of things, such as poor posture, repetitive motion in a job, obesity, sports, poor nutrition or even trauma such as a car accident. Left untreated, subluxation can disrupt not only the spinal joints, but also the nearby soft tissue structures such as the muscles, tendons and ligaments.

Treatment of the subluxation may involve spinal manipulation, physical therapy modalities, rehabilitative exercises, lifestyle modifications or any combination of the above. An emphasis is placed on health promotion and early return to activities for injured patients. The focus on patient education and involvement, as proven by recent research, now evidences the success of chiropractic management and high level of patient satisfaction reported.