

Why Get Adjusted?

A. Decrease healthcare costs

The analysis showed that the persons receiving chiropractic care reported better overall health, spent fewer days in hospitals and nursing homes, used fewer prescription drugs, and were more active than the non-chiropractic patients. Furthermore, the chiropractic patients reported 21% less time in hospitals over the previous 3 years. [1]

Chiropractic patients, when compared with US citizens of the same age, spent only 31% of the national average for health care services. The chiropractic patients also experienced 50% fewer medical provider visits than their comparable peers. The health habits of patients receiving maintenance care were better overall than the general population, including decreased use of cigarettes and decreased use of nonprescription drugs. [2]

B. Improve quality of life

surveying 2,818 respondents in 156 practices, a strong connection was found between persons receiving Network care and self-reported improvement in health, wellness and quality-of-life. 95% of respondents reported that their expectations had been met, and 99% wished to continue care. [3]

References

1. Coulter ID, Hurwitz EL, Aronow HU, et al: "Chiropractic patients in a comprehensive home-based geriatric assessment, follow-up and health promotion program." *Topics in Clinical Chiropractic* 1996;3(2):46.
2. Rupert RL, Manello D, Sandefur R: "Maintenance care: health promotion services administered to US chiropractic patients aged 65 or older, Part II." *Journal of Manipulative and Physiological Therapeutics* 2000;23(1):10.
3. Blanks RHI, Schuster TL, Dobson M: "A retrospective assessment of Network care using a survey of self-reported health, wellness and quality of life." *Journal of Vertebral Subluxation Research* 1997;1(4):15.

These are just a few to show that chiropractic wellness care can improve your quality of life and save you money .

There are other reasons why people should get adjusted.

One of the first reasons people seek care is when they have the warning signs of spinal malfunction. Which consist of recurring headaches, neck, shoulder, arm pain, pain between the shoulder blades, numbness in the hands or feet, painful joints, low back and leg pain, scoliosis, etc. Those who experience those symptoms on and off are at greatest risk. Did you know that most heart attacks could be prevented if the warning signs

weren't ignored!

The second reason to being adjusted is to help you keep healthier, by finding and eliminating problems before they surface.

A study in the British science journal 'Nature' demonstrated how the nerve ending filaments in the skin have an affect on the immune function of certain skin cells called Langerhan Cells. This connection in the skin tissue is a discovery that helps explain why stress and psychological states of mind affect our physical condition. Another study showed how the immune system is boosted by adjustments to the mid back, specifically T1-T6. Let me explain, the brain communicates with the body through the spinal cord. When this information isn't being transferred to the body and its organs it isn't as efficient as it once was. For instance, when people are under stress their muscles get all tense: some grind their teeth, some lose sleep, some develop ulcers, and others gain or lose weight. When we're under stress and muscles become tense this causes the joints not to move properly. When joints don't move properly they start to dry and wear out and over time arthritis develops. In the spine however, when the joints don't move properly the nerve can become irritated (stretched, twisted, or pinched). This doesn't allow for the brain to communicate with the body. Problems start that can't be seen yet, arthritis in the spine starts at an earlier age, your posture changes, you end up living less and you don't even know it, because it's a slow process. Some begin at earlier ages from a traumatic birth and or other complications.

I'll use myself as an example. At age 2 a radio fell on my head and at the age of 20, X-rays of my neck showed my head was tilting to the left (the side the radio had hit) and that I had calcified ligaments in my upper neck, meaning I had arthritis. It took 18 years to show up and I wasn't experiencing pain. I had been seeing a chiropractor since 13 years of age. He rarely adjusted my neck, because I wasn't complaining of neck pain. That's why I make sure not only to check the area of complaint but other areas as well.

Chiropractic is founded on the premise that the nervous system has profound effects throughout the body. Also, that the nervous system functions normally when the brain communicate with the body and when it doesn't Dis-ease start. That's why spinal adjustments help the nervous system function normally, by getting the joints moving again to keep them healthy, relax muscles so that the joints continue to move properly, and finally by allowing the brain to communicate with the body. There are too many benefits to list. Back to the original point concerning the skin cells and their immune function, our skin is our first line of defense against germs (bacteria, viruses, etc.).

If our immune system could be improved by a simple adjustment, doesn't it make sense to get them? People get flu shots as a preventative measure, why not get adjusted! When you're sick the adjustments have a direct affect by boosting your immune system. That being the case, doesn't it make sense to get adjusted even when you're not sick too! To boost the immune system naturally. If you need an immune system boost, its easy, pick up the phone and call my office today (814) 266-3775.

