

How Does Chiropractics Promote Overall Wellness?

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Chiropractors know that adjustments are good for your general health. Millions of satisfied patients cannot be wrong. But what do chiropractors know that the rest of us do not?

They know the nervous system is the one system in the body that directly affects every other system. This is because nerves conduct sensory information from every part of the body and then delivers this information to the brain. Once there, the brain analyzes the information to determine what the body needs to maintain a healthy state. So the health of this system is paramount to the good health of the rest of the body.

Chiropractors recognize that misalignment in the spine can interfere with proper nervous system function. In turn this can cause interference with information that is transmitted along nerves and spinal cord. Chiropractors are the only health care professionals specifically trained to locate and correct spinal subluxations.

In a recent report from the Center for Disease Control, the four most popular forms of alternative and complementary medicine were listed as: natural products, deep breathing, meditation and chiropractic!

People are casting their votes with their healthcare dollars and chiropractors are taking a leadership role in this new wellness model. As a profession whose core philosophy is about the optimization of the brainbody communication network, chiropractic can be viewed as a therapy with an emphasis on whole body health and wellness.



Research is catching up to what chiropractors have known for years. In a recent study that reviewed all the available research to date, investigators found that “chiropractic adjustments, often for the purpose of correcting vertebral subluxation, confer measurable health benefits to people regardless of the presence or absence of symptoms.” More people are seeking what chiropractic offers: optimization of health and an improved quality of life, with a spine free of vertebral subluxations!