

Reduce Inflammation

Inflammation is one of the top causes of pain, joint issues, and tension. Chronic inflammation has been linked to a number of diseases like heart disease, chronic pain, and cancer. Chiropractic adjustments have been shown to reduce inflammation, which can lead to a number of positive benefits, including, Chronic lower back pain relief , Reduced muscle tension, Relief of joint pain. Reduced inflammation can also help reduce your risk of developing diseases that are linked to high inflammation.

Headache Relief

Both tension and migraine headaches can be caused by back pain and spinal issues. Back misalignment can cause muscle tension and pain which can result in both tension headaches as well as migraine headaches. Besides back pain, headache is the top ailment that chiropractors treat. There are over 200 studies examining the benefits and effectiveness of chiropractic adjustments for headache relief.

Improvement in Symptoms of Neurological Conditions

Chiropractic adjustments have been shown to help increase blood flow to the brain. They can help increase the flow of cerebral spinal fluid as well. This can significantly help people suffering from neurological conditions like multiple sclerosis and epilepsy.

While this subject is still being researched, the potential therapeutic applications provide exciting possibilities of treatment for these patients.

Children’s Health Benefits

Kids chiropractic care can significantly improve certain conditions that affect children. The big three conditions that can be helped with an adjustment in children are colic, acid reflux, and ear infections. Colic causes near constant crying and fussiness in young children and babies as a result of abdominal discomfort and gas. Colic can be extremely difficult to treat, which can result in an uncomfortable baby and exhausted parents. Adjustments have been shown to help improve infantile colic symptoms.

Improved Athletic Performance

Reduction of inflammation, pain, and other similar conditions can help get the body in top shape. This is especially true for athletes who depend on their body to do their job. Many sports teams and professional athletes hire chiropractors. Adjustments can reduce pain and tension caused by sports and activity. Alignments can also reduce inflammation and boost the immune system to help boost an athlete’s performance.

Vertigo

Dizziness and vertigo can make it impossible to do everyday tasks or even get up out of bed without feeling disoriented and nauseous. This is a common condition after experiencing a head or neck injury. A chiropractic adjustment can help target joints and vertebrae that aren’t moving correctly. This could help reduce vertigo episodes. An adjustment can also help fix your body’s natural balance, which can also cause vertigo if it’s misaligned.