



What Is Chiropractic?

Chiropractic is a natural, non-invasive form of healthcare that respects the body's innate ability to heal itself. Everyday life has a many ways of interfering with our optimal health function. A Chiropractor's main goal is to help the body regain functioning by removing blockages and releasing stress so that balance and effective body function can be restored.

Chiropractors are doctors who are specially trained to identify and correct the cause of health challenges which arise when

misalignments of the vertebrae (the small bones that make up the spine) block neurological communications between your brain and the cells, tissues, and organs of the body.

Chiropractors correct these misalignments by gently adjusting the position of the vertebrae of the spine, reducing or eliminating interference thus allowing your body to properly self-regulate, adapt and heal.

to locate and and release blockages commonly caused by tiny misalignments of the spine. These blockages (called subluxations) cause a communication problem between the nervous system and the body's systems, which can lead to lower resistance to disease, organ malfunction, poor posture, pain as well as physical and emotional illness.

Why should my family visit a chiropractor?

More than likely you take your family to the dentist for periodic check ups. You do this as a preventative measure to avoid things such as cavities, gum disease or rotten teeth. We believe that you should treat your spine in the same way.

Regular spinal check-ups help prevent serious damage that may arise from spinal degeneration, arthritis, bone spurs, scoliosis, poor organ function and other neglected health issues. These problems stem from an imbalance in your central nervous system. Your spine is your life line!

- ❖ **"Chiropractic care can prevent minor injuries from becoming major ones, without the use of drugs or surgery"**¹

"If a misaligned vertebra is left uncorrected it can cause irreversible damage"

Abraham Towbin, M.D.

Chiropractic for Children? Yes! Children need chiropractic, too. Chiropractic is a whole body healthcare. All children, especially if they are ill, need a body free of blockages to the flow of energy and information in the nervous system.

- ❖ Of 100 babies studied who were suffering from nervousness, colic, vomiting, sleeping problems, and muscular disorders, **95% of them showed abnormal neck muscle strain indicating the presence of a vertebral misalignment or subluxation.**

- ❖ It only takes 120 lbs. of pressure to decapitate an infant's head. **A normal hospital delivery in the United States is 80-90 lbs. and the neck is can be twisted 180 - 220° . Your first subluxation happened the day you were born.**

- ❖ **Improvements in coordination and athletic ability have also been noted as a result of chiropractic care.**²⁻⁴

Can pregnant women see a chiropractor?

Absolutely. During pregnancy, weight-bearing changes occur that can cause added stress to the spine. Chiropractic care during pregnancy can ease discomfort and help facilitate a quicker, easier delivery.

- ❖ **Chiropractic adjustments can be of great value in normalizing the body functions of women with problems of pregnancy such as toxemia.** *Journal of Osteopathic Association*

What are some warning signs of subluxation?

- Ear infections
- Painful joints
- Insomnia
- Skin conditions
- Asthma/Allergies
- Frequent colds or sickness
- Frequent Headaches
- Poor posture
- Bed wetting
- Fatigue
- Scoliosis
- Low Back/Hip pain



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References:

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