

10 Things You Need To Know About Chiropractic



Nachmias
Chiropractic

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Our body is predominantly controlled by the brain and spine – the nervous system. Any ailments in these areas result in malfunctioning of the entire body. Dr. Adam Nachmias at Nachmias Chiropractic is a specialist with over 20 years of chiropractic experience, and he will make sure your spinal function is normal. Below you'll find 10 reasons to why you should book a chiropractic exam and consult with Dr. Adam:

1. Studies have shown that chiropractic gets the best results for low back pain. Patients with chronic low-back pain treated by a chiropractor showed greater improvement and satisfaction than patients treated by family physicians (shoreviewchiropractic.com).
2. Chiropractic adjustments have shown to improve your immune system. During the time of sickness, your strong immune system acts towards it, avoiding severe ailments.
3. According to a study published in the Journal of Manipulative and Physiological Therapeutics, chiropractic care helps significantly in reducing blood pressure as well as anxiety levels.

4. Several independent studies show that chiropractic treatment is effective in reversing degenerative diseases of the heart, bones and other body organs.
5. Digestive disturbances are common occurrence in people, but several studies indicate that chiropractic adjustments help to restore optimal functioning of the body even after suffering from digestive disturbance.
6. A study published in the Journal of Manipulative and Physiology Therapeutics, babies who suffer from colic have benefitted from chiropractic adjustments.
7. Subluxation of the spinal cord causes draining of lymphatic from the head, which can affect the ear. Traditional medicine causes this condition to prolong and is also often expensive. Chiropractic care helps in restoration of normal lymphatic drainage.
8. A condition known as scoliosis wherein there is an abnormal curvature of spine causes many problems such as digestive problems, difficult pregnancy etc. However early detection along with chiropractic adjustments can help reduce scoliosis.
9. Low back pain is a common problem during pregnancy which many times lead to a difficult delivery. However, chiropractic care during pregnancy can significantly reduce low back pain and also help in a smoother delivery. It has also been attributed to turn breech babies into proper positions.
10. Chiropractic adjustments of the wrist and hand along with massage and stretching exercises help in reduction of carpal tunnel syndrome (<http://janrmiesse.com>).

The above facts clearly highlight the effectiveness of chiropractic intervention in treating various conditions. Not only is it a natural way of overcoming diseases, but also a safe method. Chiropractic care is one of the best ways to manage or prevent pain and illness and to maintain a healthier life.

Don't wait for illness to happen, book your chiropractic exam and consult now and ensure health and wellness!

Call any of our offices:
Brooklyn: 718-832-7300
Manhattan: 212-924-1700

Or book your appointment online here:
<http://calldradam.com/contact/book-online/>

Welcome to come and heal you body naturally with the help of Nachmias Chiropractic!