

Chiropractic Protects Your Cells - DNA



Nachmias Chiropractic wants to inform you on how powerful it actually is to receive a chiropractic adjustment, and what bodily benefits there are.

New evidence suggests that chiropractic care does much more than alleviate back and neck pain, headaches and migraines etc. — it positively affects the body chemistry all the way down to a cellular level. Basically, chiropractic adjustments strengthen the body, and make cells and DNA more resistant to disease.

In March 2006, the Journal of Vertebral Subluxation Research, published a landmark study, which offered a long-awaited scientific explanation to why chiropractic patients experience positive health benefits. The article stated that chiropractic care could stimulate basic physiological processes that help diminish bodily stress and enhance DNA repair.

In the study, a diverse group of 76 people were divided into three categories. Group one received short-term chiropractic care. Group two received long-term chiropractic care, and group three was the control group that didn't receive any chiropractic adjustments. The results indicated that long-term chiropractic care, of two or more years, produced healthier bodies. Age, sex, nutritional supplements and prior health conditions didn't hinder or enhance these results. Essentially stated, chiropractic adjustments improved the overall health of everyone in group one and two.

To look at the study results on a deeper, more scientific level...let's examine the average human body. Everything from your career, to your family dynamic, to your eating and sleeping habits produce physical, chemical and emotional stress in your body.

These stresses can obstruct and negatively affect your nervous system, which in turn hinders your body's ability to produce naturally occurring antioxidants, which fight off disease and other illness.

However, chiropractic adjustments work to remove obstructions to the nervous system. This in turn allows internal body processes to begin functioning at normal levels, thus enhancing the body's ability to produce healthy chemicals that work to protect cells and DNA from becoming mutated by disease (Source: handsonchiropractic.us).

Protect your cells and DNA, and fight off disease and illness, with the help of Dr. Adam Nachmias at Nachmias Chiropractic. Dr. Adam has more than 25 years experience as a chiropractor, and got voted 2015's Best Chiropractor in both New York and Brooklyn.

Book your visit with Dr. Adam today by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

We warmly welcome you to visit Nachmias Chiropractic!