

## Heal Your Body From Pain With Chiropractic Care

Heal Your Body  
From Pain With  
*Chiropractic Care*



Millions of pain sufferers have found relief under chiropractic care although chiropractic is not a pain therapy. Millions have discovered the miracle of healing under chiropractic even though chiropractic is not a treatment for disease or other conditions.

The doctor of chiropractic does not treat pain or disease, nor do they give spinal adjustments as a treatment for pain or disease. The adjustments are done for one reason only – to release spinal nerve stress and permit the body's natural healing energies to flow freely. Once the body is free of spinal nerve stress it can function better and be in a better position to heal itself. According to one pain authority, J. Mannheimer, M.D. President of the Delaware Valley Physical Therapy Association: "Bad posture and body mechanics are the most overlooked causes of musculoskeletal pain."

In some people years of severe pain may begin to disappear very quickly after they have undergone chiropractic care. In others the pain may not disappear immediately but may do so slowly as the body heals its damage tissue.

Everyone needs a healthy spinal column. Even if you are seeing other healers, it is still possible and desirable to see a chiropractor to make sure that your spine is properly aligned.

## **Early Warning System**

As we all know, pain, like a fire alarm, is a warning sign: if the alarm rings, rather than merely turning it off we should look for the what set it off. Yet too many of us spend too much time turning off the body's fire alarms. And we certainly have enough fire extinguishers: a walk down our drugstore aisles reveals an astonishing variety of painkillers!

Norman Cousins, noted author and publisher, and faculty member of the UCLA School of Medicine has written: " We often equate pain with disease instead of seeing it as the body's early warning system, calling attention to potential problems. Instead of learning how to interpret the signals, people grab the nearest painkillers. The warning signs are then ignored and the symptoms treated. Sometimes allowing the problem to escalate." There is nothing wrong with getting rid of pain. No one wish to live with it – those little pills are often seen as tiny gems offering golden relief and peace.

***Instead of using painkillers and the negative aspects that follows with it, visit the one and only chiropractor in NYC and Brooklyn, Dr. Adam Nachmias at Nachmias Chiropractic. He will correct the misalignment that is causing the pain and you will feel the pain vanishing.***

Or call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

**Welcome to come and relief your pain today!**