

Increased Health and Well-Being from Chiropractic Adjustments



Chiropractic care is one of the most effective and safest forms of health care to treat pain due to spinal related conditions. Chiropractic is so effective because most causes of spinal disorders are related to abnormalities of the spine and the surrounding soft tissue structures. Anti-inflammatory medication and pain relievers merely mask the symptoms and have many undesirable side effects.

The Ian Coutler study, New York, asked their patients what changes they notice once they were treated with chiropractic care. Here are some standard responses:

I feel great!

I can sleep through the night!

Now I can play in the garden!

I have so much energy!

Life is worth living now!

Yes, chiropractic is far more than mere pain relief.

Chiropractic care has been shown repeatedly to increase not only the range of motion of the spine but also in the extremities. Increasing a person's range of motion can positively and drastically affect lives in many ways. For some, an increased range of motion means being able to bend down to pick up their grandchildren. For others, it means they can garden without pain or get an extra 40 yards of distance out of their driver on the golf course. In many cases, an increase in range of motion immediately follows chiropractic adjustments. This is one of the reasons why many top professional sporting teams have team chiropractor (The Ian Coulter Study).

Feeling good, staying healthy and doing the things that make us happy are what keeps us looking forward to each new day. Regular chiropractic care increases the quality of life and health and well being. Let Dr. Adam Nachmias at Nachmias Chiropractic ensure good health and well-being for you and your whole family. You don't have to fear a new day and wake up with aching pain that keeps you from living life to the fullest.

**Book your appointment with 2015's best chiropractor in Brooklyn
(voted by opencare.com) today!**

Call any of our offices for an appointment:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

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Welcome!