

Many Children & Teens Now Rely on Alternative Remedies, Such as Chiropractic



One of every 9 children under age 18 practices yoga, takes a nutrition supplement like fish oil, goes to a chiropractor, or uses some other alternative treatment, according to a new government survey that for the first time included questions regarding children's use of complementary medicine.

Almost 3 percent of children visit a chiropractor for chiropractic adjustments or spinal manipulations, 2.2 percent do deep breathing exercises and 2.1 percent practice yoga.

It's a substantial amount of children that use alternative remedies, given that children tend to be healthier than the adult population.

However, some experts say the figures may be even higher and that as many as 40 percent of healthy children and more than 50 percent of children with chronic health conditions are actually using alternative therapies.

While adults tend to rely on alternative therapies for chronic conditions like back or neck pain, children more often use them for both chronic problems, like attention deficit hyperactivity disorder, and acute illnesses like headaches and colds (Source: nytimes.com).

Whether you are young or old you should go and visit Dr. Adam Nachmias at Nachmias Chiropractic for regular chiropractic check-ups. It can save you unnecessary sick days, muscle and, nerve pain. Chiropractic boosts the immune system and helps keep you healthy and pain free!

Book your next appointment with Dr. Adam Nachmias and ensure wellness for the whole family. Call 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 Nachmias Chiropractic - your family wellness chiropractor!