

True Health Is How Well Your Body Works, Not How You Feel



At Nachmias Chiropractic we have a deep desire to see you get well and stay well. We accept many health insurances, so it principally up to you how much help you want to get better. Find them all here: <http://calldradam.com/insurance-accepted/>

Because chiropractic helps improve your health by restoring the performance of the nervous system, your body is basically doing the healing itself. We just help out to adjust the misalignments causing pressure on the nervous system.

The chiropractic approach to better health is safe and natural. Your nervous system controls your body, and because chiropractic care focus on locating and adjusting areas of the spine that interfere with the workings of the nervous system, good health can return. Without chemical drugs or surgery.

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It's also important with continuing chiropractic care because your supporting muscles and ligaments might not be fully healed and gradually you will relapse again. But with your spine more stable, we can usually reduce the frequency of your visits.

Dr. Adam Nachmias at Nachmias Chiropractic - NYC and Brooklyn's most reviewed chiropractor can take one look at your spine and know exactly how to help you and how many treatments you need to get well again.

Stop suffering when you don't need to and call any of our offices today:

Manhattan

Phone: **212-924-1700**

Brooklyn

Phone: **718-832-7300**

Or book online here:

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

Welcome to start your journey to a pain free life today!