

Why Chiropractic Care?

(Part 1)



Let's take the "crack out of chiropractic" and present some reasons to why chiropractic care is beneficial to everyone, from young to old.

Interesting fact: "Back pain is the second most common neurological ailment in the United States - only headache is more common" (thejoint.com).

5 Reasons To Why Chiropractic Care Is Beneficial:

1. Chiropractic Alleviates Pain

Chiropractors address the underlying cause of pain disorders, headaches, low back pain and sports injuries by treating the cause, not just covering the symptoms with chemical medications.

2. Chiropractic Boosts Productivity

Since chiropractic care keeps you healthier, you will also find that your efficiency at work increases. For example, chiropractic care rids low back pain associated with sitting hour after hour in ergonomically incorrect chairs. Without pain, you can focus more efficiently on work.

3. Chiropractic Improves Cognitive Function

Mapping of brain activity before and after chiropractic adjustments of the spine and the neck reveals that chiropractic care stimulates cognitive function. In a study involving 500 adult volunteers, researchers used cutting edge technology to create maps of functioning in the cortical portions of the brain before and after chiropractic adjustments of the

cervical spine. Researchers found that “cervical adjustments activate specific neurological pathways” in the brain, potentially stimulating cognitive function.

4. Chiropractic Boosts Immunity

Scientific research reveals that regularly scheduled chiropractic care may boost the body’s immune response. A powerful immune system is a key component of chiropractic’s all-natural approach.

5. Chiropractic Prevents Other Conditions

This goes hand in hand with the fact that chiropractic boosts immunity. Disorders that may be helped by chiropractic care range from: Infantile colic, ear infections and behavioral problems to PMS, high blood pressure and Parkinson’s disease. Many patients who have been treated by chiropractors report positive changes in other areas of their health as well. (Source: mosenthalspineandsport.com)

Why choosing Dr. Adam Nachmias as Your Chiropractor?

Get to know Dr. Adam Nachmias at Nachmias Chiropractic and understand why he was chosen **2015’s Best Chiropractor in New York and Brooklyn**, voted by opencare.com. Read what other patients think about him and his work:

Reviews ZocDoc: <https://www.zocdoc.com/doctor/adam-nachmias-dc-49898>

Reviews Yelp: <http://www.yelp.com/biz/adam-nachmias-dc-new-york>

Reviews Facebook: <https://www.facebook.com/nachmiaschiropractic/reviews/>

Book your chiropractic exam and consult by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

Welcome to find relief at Nachmias Chiropractic!