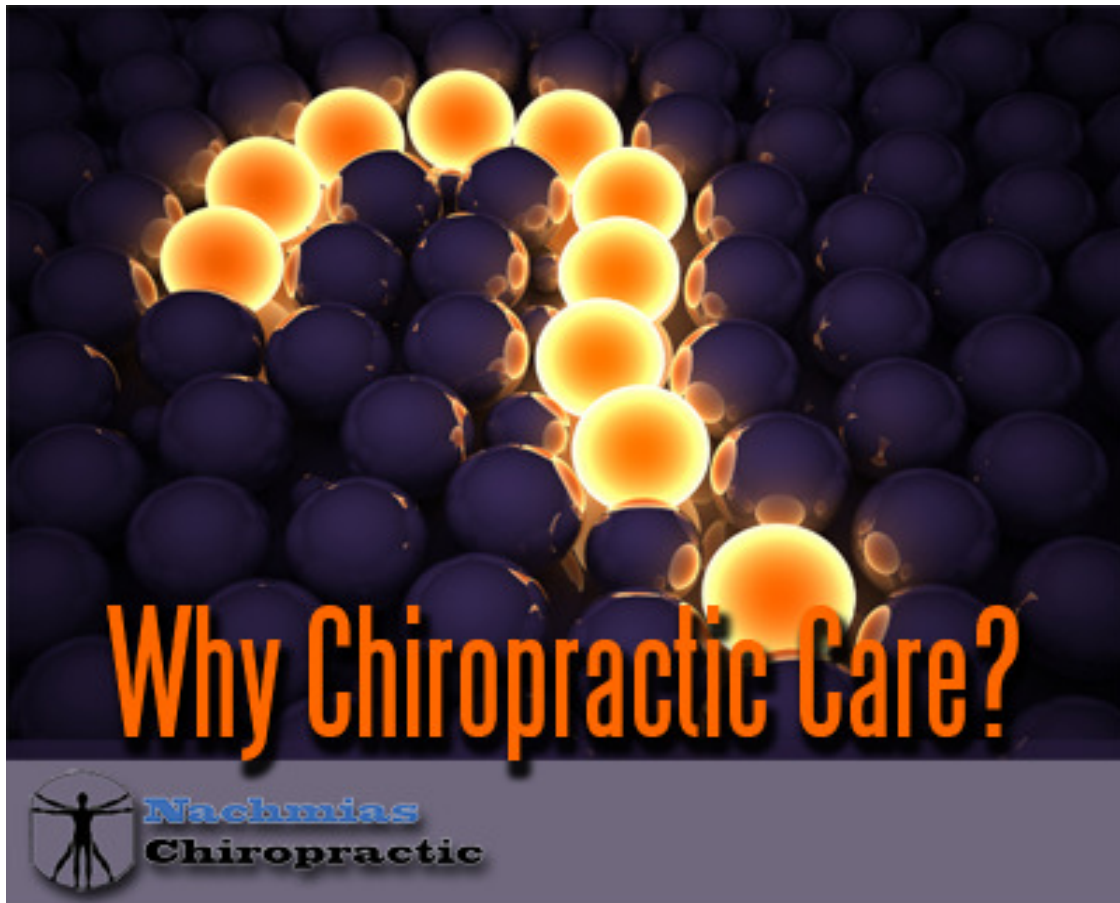


Why Chiropractic Care?

(Part 2)



We'll continue taking "the crack out of chiropractic" and present 5 more reasons to why chiropractic care is beneficial to everyone, from young to old:

1. Chiropractic Reduces Stress

Chiropractic care reduces stress by allowing the body to achieve a balance. Chiropractic also helps keep patients free of the impairments to regular exercise, which is the key to reducing stress and preventing stress-related anxiety and depression. While chiropractors don't treat depression, preliminary research demonstrates that chiropractic adjustments may ease depressive symptoms by increasing endorphins.

2. Chiropractic Care Encourages Increased Physical Activity

New patients frequently find that chiropractic care jump starts them toward a more wellness oriented lifestyle, simply because they can move more and with less pain. For instance, many chiropractic patients report improved function and with that, an increased ability to stick to a regular exercise program.

3. Chiropractic Reduces Dependency on Medications

Individuals who maintain regular chiropractic care are far less likely to over-use medication, which all have dangerous side effects. In addition, long-term use of pain medication can actually worsen the very symptoms they were intended to reduce – a so called “rebound” reaction.

4. Chiropractic Improves Sleep Quality

Patients often report improved quality of life, including better sleep. This is due to a reduction in pain and anxiety that often interferes with sleep patterns. Improved sleep enhances immunity and your ability to fight disease.

5. Chiropractic Adds Life and Improves Wellness

Regular chiropractic care instills patients with sense of “health-confidence”. Patients learn to take charge of their own well-being, and in turn, increase their longevity and add a heightened quality-of-life. (Source: mosenthalspineandsport.com)

With these facts in mind it’s not a question of “*should I try chiropractic?*” It’s a question of “*who should I choose as my chiropractor?*”. Let us demonstrate why you should choose Dr. Adam Nachmias at Nachmias Chiropractic as your chiropractor. Read what his patients think about him and his outstanding 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!