

Why Chiropractic Is Important During Teenage



A lot of people think that if they're not sick they must be healthy. You may not know that wellness is more than just "feeling OK". Instead, it's the active pursuit of your well-being physically, emotionally and spiritually.

During your teenage years, your body is in the last stages of physical growth. It's important to know that your spine, which houses and protects your nervous system, will be fully developed. The brain, spinal cord and nerves are the master controller of all your body's systems; immune, hormonal, respiratory and digestive.

Interference to Wellness

By this age you've probably already experienced a fall or injury that has affected the development of your spine, but hasn't resulted in any pain or symptoms. Even sitting too long at school, or at home watching TV, hours spent on computers, video gaming and social networking may cause spinal bones to lose their normal position or ability to move. This in turn is causing interference to your nervous system (vertebral subluxation).

As a teenager some commonly reported symptoms of nerve interference include headaches, poor posture, back and neck pain, mood swings, menstrual cycle issues and skin conditions.

Why Book An Appointment at Nachmias Chiropractic?

Many teens report that when they begin chiropractic care they see an improvement in their quality of life. This includes better posture, improved study habits, more energy and an overall sense of emotional well-being.

Dr. Adam Nachmias can help you recognize the stressors in your life that you may not realize are affecting your spine and nervous system, and of course also treat your current injuries and pain symptoms.

As a teen, it's your responsibility to care for your health and well-being. Book your chiropractic exam and consult with Dr. Adam and ensure wellness for years to come!

Call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

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

Welcome!