

Increased Health & Well-Being with Chiropractic



Nachmias
Chiropractic

Brooklyn, NY
10/06/16

Dr. Adam Nachmias, owner and founder of Nachmias Chiropractic, has served the Manhattan and Brooklyn community since 1990 with chiropractic care and massage therapy. Dr. Adam Nachmias has been very successful in helping people get back to health and get immediate pain relief. He was awarded 2015's and 2016's Best Chiropractor in New York.

What is Chiropractic Care?

Chiropractic care is one of the most effective and safest forms of health care to treat pain due to spinal related conditions. Chiropractic is so effective because most causes of spinal disorders are related to abnormalities of the spine and the surrounding soft tissue structures. Anti-inflammatory medication and pain relievers merely mask the symptoms, and have many undesirable side effects.

How Does Chiropractic Work?

Chiropractic works by restoring the body's inborn ability to be healthy. When under the proper control of your nervous system, all the cells, tissues, and organs of your body are designed to resist disease and ill health. The chiropractic approach to better health is to locate and remove interferences (subluxation's, misaligned vertebrae) to your nervous system. With improved spinal function, there is improved nervous system function, which in turn boosts the immune system. Since chiropractic boosts the overall immune system, it can help the body to heal itself from; allergies and asthma, stress and anxiety symptoms, vertigo and fatigue to name a few symptoms.

Other common pain disorders that chiropractic work wonders on are tension headache and migraines. The vast majority of migraine headache sufferers have misalignments of the spinal vertebrae in the neck, which are placing pressure on the spinal nerves. With a functioning nervous system, and a spine free from subluxations, your migraines and tension headaches will drastically lighten or disappear completely.

Finally, if the unfortunate event of an auto accident would happen, you should visit your chiropractor, Dr. Adam Nachmias, immediately. The faster you get treatment for possible whiplash or sciatica injuries, the better. Whiplash is an injury that should be taken seriously, and can cause a lot of pain and discomfort if not. Luckily, whiplash is relatively easy for chiropractors to treat, and Dr. Adam has been successful treating whiplash injuries for more than 26 years. Note that a collision from the very slow speed of 2.5 miles per hour is enough to cause whiplash and minor back injuries.

About Us

Nachmias Chiropractic has served the community since 1990. Dr. Adam Nachmias provides quality, chiropractic care in a friendly, relaxed environment. Dr. Adam offers his services at two locations; Manhattan and Brooklyn. The Brooklyn office is now relocating to the Bay Ridge area. Nachmias Chiropractic invites you to visit their new office and to learn more about how chiropractic care and massage therapy can change your life. Until November 30, 2016, you can take advantage of the grand opening offer: A chiropractic exam and 2 adjustments for only \$50.

"Come and celebrate the grand opening of our new office in Bay Ridge, Brooklyn with us, from October 8, 2016 and forward. We look forward meeting you!"

Sincerely, Dr. Adam Nachmias - Nachmias Chiropractic

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