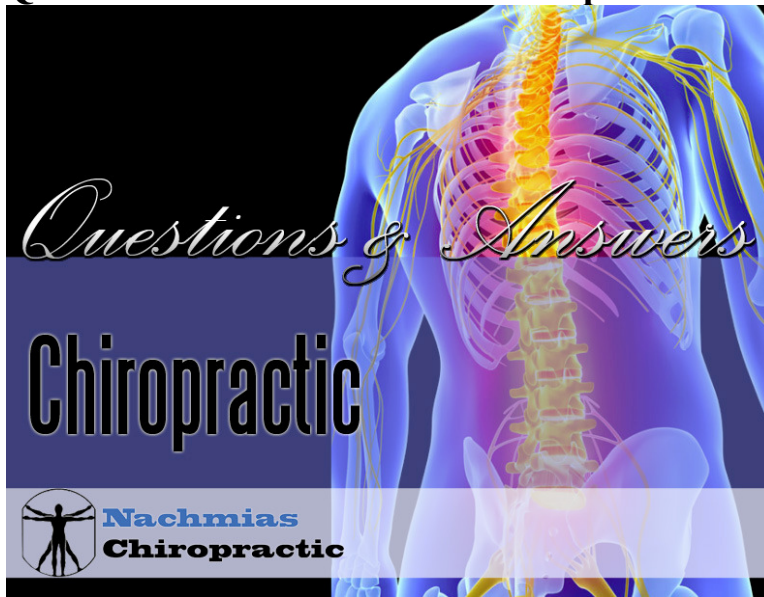


Questions and Answers about Chiropractic Care



Whatever treatment or doctor you choose to treat your health problems, questions are going to arise. Nachmias Chiropractic wants to answer some of them and hopefully make it more clear what chiropractic care is all about. If this article doesn't answer your question, please feel welcome to contact Dr. Adam Nachmias at Nachmias Chiropractic anytime! (see contact information below)

How Does Chiropractic Work?

Chiropractic works by restoring your 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. A healthy spine and a healthy lifestyle are your keys to optimal health!

What Is a Chiropractic Adjustment?

A chiropractic adjustment is the art of using a specific force in a precise direction, applied to a joint that is "locked up," or not moving properly. The purpose of this safe and natural procedure is to eliminate interference to the nervous system, improving spinal function and overall health. Like mentioned earlier, spinal adjustments boosts your body's immunity.

Can I Tell If I Have a Subluxation?

Not always. A subluxation is like a dental cavity--you may have it for a long time before symptoms appear. That's why regular spinal checkups are so important. Although, it may be possible to know you have a subluxation, it is rarely possible to be sure you don't. Regular spinal checkups are always a good idea, and they promote good health from the inside out.

Do Children Need Chiropractic?

Yes, it would be the right thing to do. Since significant spinal trauma can occur at birth, many parents have their newborns immediately checked for vertebral subluxations. Many childhood health complaints that are brushed off can be traced to the spine. Health problems that emerge in adulthood could often have been prevented by having the spine checked by a chiropractor in early childhood.

Can a Person Who Had Back Surgery See a Chiropractor?

Yes. It's an unfortunate fact that up to half of those who had spinal surgery discover a return of their original symptoms months or years later. They then face the prospect of additional surgery. This too common occurrence is known as "Failed Back Surgery Syndrome." Chiropractic may help prevent repeated back surgeries. In fact, if chiropractic care is initially utilized back surgery can often be avoided in the first place.

Is a Good Workout The Same as Getting Adjusted?

No. Exercise is an important part of good health, yet without normal spinal function a physical workout merely puts additional wear and tear on improperly functioning spinal joints (parts taken from: imaginechiro.com).

*Ensure optimal health with the help of Dr. Adam Nachmias at Nachmias Chiropractic, voted 2015's **Best Chiropractor in New York and Brooklyn**, by opencare.com. With Dr. Adam' 25 years of experience as a chiropractor working with all kinds of health problems you are in excellent hands!*

To book a chiropractic exam and consult with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

Relief is here with chiropractic care at Nachmias Chiropractic!