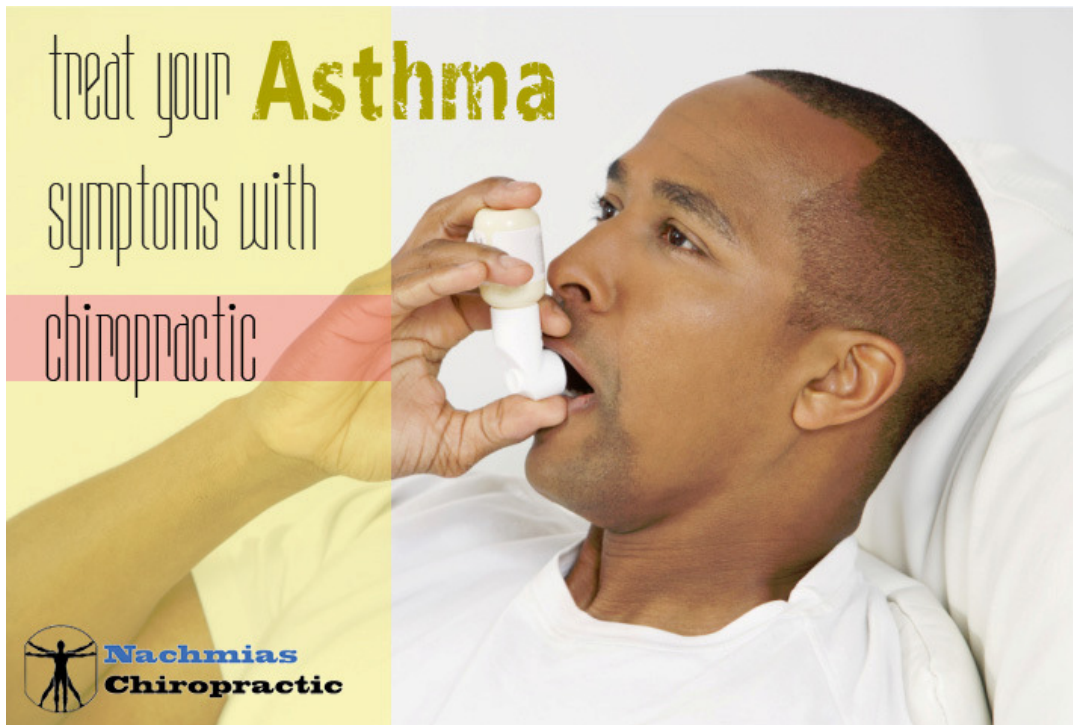


## Treat Your Asthma Symptoms with Chiropractic Care



*In the United States, asthma cases have increased significantly by about 60% in the past 30 years, with asthma related deaths now reaching 5,000 people each year. With the rise in asthma cases, more patients are seeking alternative solutions to control their symptoms, and that is what Nachmias Chiropractic is going to tell you more about.*

According to research, the skyrocketing number of asthma cases has to do with environmental variables, such as increased pollution, food preservatives, mold and even genetics, to name a few.

While seeing a young child with an inhaler was quite a strange site in the 1980's, today it's not that uncommon to see several kids in a classroom take out their inhalers for much needed relief. Asthma has become a huge problem and everyone agrees that future generations can expect to see even higher numbers of asthma sufferers. Unfortunately, there is no cure for asthma but there are ways to control the symptoms, and stop it from becoming a larger problem that it already is.

Chiropractic care has been shown to make wonders on asthma and has reduced asthma related symptoms in both kids and adults. How is this possible you may think? The answer is due to the fact that asthma has to do with poor spinal health, which in turn contributes to the onset of asthma. Chiropractic adjustments help ensuring a healthy nervous system that helps the nerve flow to flow freely and keep your body at its healthiest. In other words a healthy nervous system helps restoring the function of all critical organs, including the **lungs**, the heart and digestive systems.

Patients who have gone through chiropractic treatments have shown significant improvements in their asthma. By addressing the root cause of the problem, chiropractors are able to eliminate the major source of asthma and help patients live a more normal life again. Finally, the majority of patients receiving chiropractic care not only report an **immediate end to their asthma symptoms**, but more importantly do they also mention that they feel more vibrant, energized, and that their overall health is improving every day (parts taken from: idealspine.com).

*Most people don't realize the harmful effects of for example; poor posture, but Dr. Adam Nachmias at Nachmias Chiropractic knows very well that even the slightest pressure on the delicate nerves of the spine can cause havoc elsewhere in the body. This won't just manifest as pain, but also create issues with the function of vital organs, creating asthma and/or allergies.*

Treat your asthma symptoms and/or prevent possible allergies with the help of Dr. Adam Nachmias. Why not taking advantage of our Summer Special and get a chiropractic exam and 3 adjustments/therapies for only \$100!!! Print your coupon here:

<http://calldradam.com/offers>

Book your appointment by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

**Asthma/allergy relief is here with chiropractic care at Nachmias Chiropractic!**