

Hot New Results from Chiropractic Research 2017



Feeling stuck in your life, and not yet reached personal fulfillment? A chiropractic adjustment might be what you need to give you a needed nudge in the right direction. Be inspired from the hot topics from new chiropractic research below.

Increase Your Creativity with Chiropractic

In most cases, most of us will schedule an appointment with the chiropractor when we are feeling aches and pains in our back, or neck. However, did you know that **a chiropractic adjustment might be just what you need to take your creativity to the next level?** Researchers in Australia have discovered a trend suggesting that this could be a fact.

Ten subjects were recruited for a study; their ages ranged from 10 to 62. Nine out of ten were currently involved in a task that included some form of creative thinking. Seven of the subjects were also experiencing some musculoskeletal symptoms, and three people reported some stress, or stress-related symptoms at the time of the study.

All subjects were tested before and after chiropractic adjustments using the alternate uses test – a tool used to measure divergent thinking, a component of creative thinking.

Results: Six out of the ten subjects experienced improvements in their performance on the alternate uses test. Responses from post-adjustment interviews showed that a majority of the study subjects experienced renewed energy for their creative project, plus a tendency to implement a new direction for a the creative task as well.

Increased Performance from Chiropractic Adjustments

Does improved alignment contribute to increased performance? Let us answer that with this next study.

According to an elite athlete, his chiropractic experience was undeniably positive. The results speak for themselves! The athlete in the study was a 50-year old male race walker that was undergoing chiropractic adjustments, while preparing for a world-class event.

Prior to chiropractic intervention, this athlete held several state and national records in this endurance sport for various distances – including the 10 km national record and the 15 km state record.

The treatment included chiropractic adjustments to the spine to correct identified subluxations, and also adjustments to both legs to improve mobility and alignment of his tibiofemoral joints.

Results: Four days after the first chiropractic session, he recorded his personal best (PB) in the 15 km distance (better than the current state record, established by him 1 year previously).

Two more treatments were administered during the month prior to the World Masters event, and two more PB times were recorded – this time in the 5 km and 10 km distance events (parts taken from: www.creativehealing.ca).

This report suggests that chiropractic care can be used for more than just aches and pains.

If you are a competitive athlete, perhaps your best training partner will be Dr. Adam Nachmias at Nachmias Chiropractic!

Try an adjustment from Dr. Adam Nachmias for yourself, and watch your performances increase. While you are on it, you can still take advantage of our New Year's Offer and get a chiropractic exam/consult and 3 adjustment therapies for only \$75! It cannot be better than this!

To book an appointment, call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

Or book your appointment online:

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

Increase creativity, health and performance at Nachmias Chiropractic!