

## 5 (of 10) Researched Benefits of Chiropractic Care

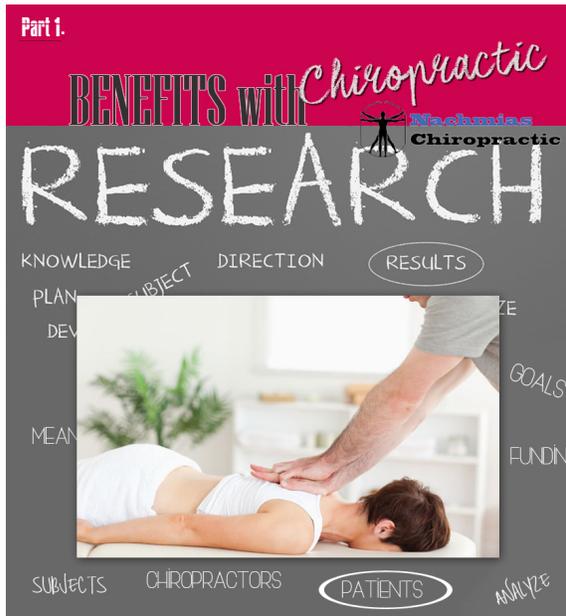
*In this issue we will give you the first episode of a two-piece mini series about the 10 researched benefits of chiropractic care for your health. We will start with introducing 5 of the researched benefits with chiropractic, and continue with the remaining 5 in our next issue.*

### Introduction Chiropractic Care

Millions of people around the world have experienced the incredible benefits of chiropractic. The amazing thing about chiropractic care is that it is a drug-free and surgery-free way of healing the body naturally.

This since our health is determined by the nervous system. Chiropractic releases all kinds of vertebral subluxations (blockages) of the nervous system, so it can flow freely and maintain a strong immune system and a healthy body.

Finding a good chiropractor is not only the key to correcting damage caused by years of poor posture, or trauma — it is also important for everyone, who wants to take a proactive approach to his or her health care.



People have reported that chiropractic has improved:

- *Back Pain*
- *Headaches/Migraines*
- *Ear Infections*
- *Neck Pain*
- *Arthritis and Joint Pain*

- *Scoliosis*
- *Asthma*
- *Blood Pressure*
- *Healthy Pregnancy*
- *Organ Function*
- *Surgery Prevention*

## **Why Chiropractic Adjustments?**

Like mentioned earlier, chiropractic adjustments release subluxations of the spine. Many things can lead to a vertebral subluxation. Some of the more common causes are:

- A whiplash injury from a car accident.
- A vertebra going out of place (“misalignment”) because of a slip or fall (i.e., “*macrotrauma*”).
- The entire spine misaligning globally due to poor posture. For example when hunched down over a phone or computer (more about this further down).
- Joint swelling caused by damage done to the intervertebral joint.
- An inflammatory response caused by a poor diet, lack of pure water, or psychological stress.
- Osteoporosis or degenerative changes of the spine, or intervertebral discs.
- Trigger points and tight back muscles that pull the vertebrae out of place.
- Monotonous movements – work place injuries.

## **Watch the Turtle Neck!**

The problem we see a lot in Western cultures is that our unnatural habit of sitting down all day does a number on our spines — not to mention our posture. Nowadays we are glued to our cell phones, iPads and laptops.

Far too many people live their lives hunched over and with their necks stuck out like turtles.

Doctors’ call this “*forward head posture,*” and studies have shown that for every inch your head sticks out from a true center of gravity, your neck bears an extra 10 pounds of stress.

The turtle necks syndrome or forward head posture can be very dangerous for your health. This is one reason to go and see your chiropractor on a regular basis.

## **Researched Benefits of Chiropractic Adjustments**

### **1. Sciatica**

The *European Spine Journal* published their findings from a clinical trial last year, uncovering how chiropractic adjustments resulted in a 72% success rate in treating sciatica, and related symptoms. This is compared to 20% success from physical therapy and 50% from corticosteroid injections.

*Compared to most medical treatments, few interventions can initiate back pain relief and healing like chiropractic adjustments.*

### **2. Low Back Pain and Neck Pain**

In a study published in the *British Medical Journal* 2003, 183 patients with neck pain were randomly allocated to manual therapy (spinal mobilization), physiotherapy (mainly exercise) or general practitioner care (counseling, education and drugs) in a 52 weeks study.

The study showed that chiropractic adjustments resulted in faster recovery than physiotherapy, and general practitioner care. Furthermore, the chiropractic treatments total costs were about one-third of the costs of physiotherapy, or general practitioner care.

Another study published in the *Journal of Manipulative and Physiological Therapeutics* found that patients with chronic lower back pain treated by chiropractors showed greater improvements and satisfaction in one month only than patients treated by family physicians.

*A higher proportion of chiropractic patients, 56% vs. 13%, reported that their low back pain was better or much better, whereas nearly one-third of medical patients reported that their low back pain was worse or much worse.*

### **3. Tension Headaches and Migraines**

Second only to back pain, headaches are one of the most common conditions regularly managed by chiropractors.

A group trial found that 22% of people, who had chiropractic treatment saw the number of attacks drop by 90%. An extremely good number! In that same study, 49% percent also explained that they had a significant reduction in the intensity of the headache/migraine.

*Compared to most medical treatments, few interventions can initiate headache relief like chiropractic adjustments can.*

## 4. Colic and Ear Infections

A study published in *Journal of Manipulative Physiological Therapeutics* in 2012 found that chiropractic adjustments greatly reduced colic symptoms.

Although very few randomized control trials have been conducted describing the clinical effects of chiropractic care on children, literally scores of case studies have been documented that describe how children suffering from ear infections, acid reflux and colic have experienced complete, to near complete, resolution after just a few visits.

*One reason to this is that the nerves controlling the gut and brain are intricately connected to each other and are quite sensitive to neurological insult caused by vertebral subluxations.*

## 5. Neurological Conditions

Exciting research is currently being conducted via upright MRI's showing how upper cervical adjustments affect various brain-based conditions. What research have seen so far is quite remarkable.

Not only are MRI scans revealing that the cerebral spinal fluid and blood flow are noticeably increased after a chiropractic adjustment, but researchers are also observing that the cerebellar invagination (when the cerebellum drops down below the skull line) is being reversed and brain plaquing (common in multiple sclerosis patients) is disappearing (parts taken from: draxe.com).

There you have the first 5 benefits of chiropractic adjustments. Make sure to watch out for the next issue with the other 5 chiropractic benefits.

If you are experiencing any of these conditions, visit Dr. Adam Nachmias – Nachmias Chiropractic, and get your good health back. There is no need to suffer when there is help to get.

Dr. Adam Nachmias got voted 2016' Best Chiropractor in New York for the 2nd year in a row, and he also has 26 years experience within the field of chiropractic.

Get completely assured - check out his outstanding reviews showing what other patients think about Dr. Adam Nachmias and his work as a chiropractor:

<http://calldradam.com/chiropractic/patient-reviews/>

To book your appointment call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700, Or book online: <http://calldradam.com/contact/book-online/>

Nachmias Chiropractic – We Got Your Back!