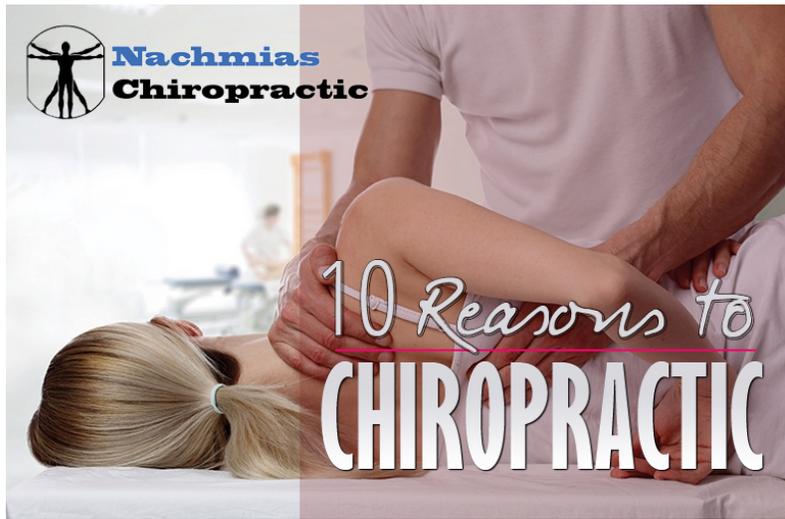


10 Reasons to Why You Should See a Chiropractor



When you see the word chiropractic you probably think about pain relief. Yes, that is correct but chiropractic care was not meant for pain relief from the beginning. In fact, it was founded in 1895 by a man named D.D. Palmer when he adjusted a deaf man and managed to get his hearing back!

Chiropractic care has so many more health benefits than just pain relief. It is actually preventative health care. Take a look at this list of 10 reasons to why you should see a chiropractor and find out more:

1. Chiropractic Stimulates the Immune System

The immune system interacts directly with the nervous system affecting overall health. Obstructions with the signaling pathways between the nervous and the immune system impact the ability to heal adequately.

Chiropractic care is focusing on removing interference (blockages) on the nervous system, so that the body can properly repair itself at a genetic level and stimulate the immune system fully.

2. Chiropractic Ensures Wellness and Prevent Illness

Chiropractic adjustments align the spine and allow the nervous system to flow freely in the body, hence treating underlying health problems and allows the body to heal itself.

For example, decompression exercises improve sleeping habits. Also, chiropractic therapy focuses on some of the first common symptoms of cancer; musculoskeletal pain and dysfunction, chronic headaches etc. In fact, chiropractic treatment has been shown to improve healing in cancer patients, as opposed to medication and other conventional therapies.

Chiropractic also functions as a natural pain reliever in cancer patients as well as patients with other pain symptoms.

3. Chiropractic Relieves Headaches and Migraines

Prior reason to why you should see a chiropractor takes us further into chiropractic care for headache and migraine relief. Many people suffer from frequent headaches that can dramatically impact their health and ability to maintain a good lifestyle.

Neck pressure and movement can exacerbate the severity of headaches caused by abnormal head positioning, such as hunching over at a computer or smartphone during most of the day. This puts enormous pressure on the neck and can be compared to a 40 lbs bag of potatoes on the neck.

Chiropractic therapy can remove obstructing structures causing the tightness in the back and strain on the spine. Receiving chiropractic care is an effective way to limit the occurrence of headaches and migraines, and also lessen the intensity when they do occur.

4. Elevates Sports Performance

Both athletes and non-athletes can benefit from sports-specific chiropractic. The focus lays on manipulating joints, soft tissue, and re-aligning the spine to increase overall performance and shorten recovery time.

Sport-specific chiropractic also prevents injuries such as; strains, sprains, and even concussions. Your chiropractor can teach you how to focus on the proper techniques for the respective sport you play - include stretching techniques that can reduce the occurrence of an injury, the severity of an injury, and a recommended rehabilitation time frame for healing.

5. Chiropractic Alleviates Allergies and Asthma

Both chiropractors and parents of children suffering from allergies, such as asthma, support the positive results of chiropractic. Studies also support that chiropractic care benefits patients by decreasing the amount of medication needed and unpleasant side effects.

Chiropractic patients suffer fewer asthma attacks and report an overall lessening of allergy symptoms leading to an improved quality of life.

How is this possible? Like already mentioned, chiropractic focuses on healing the nervous system, which in turn boosts the immune system. With a fully functional immune system, the body can fight allergies and asthma by itself.

6. Chiropractic for Pregnancy and Labor Relief

Throughout pregnancy, many women experience chronic back pain due to the changing weight distribution on the pelvis and joints. Pain and muscle spasms may increase the likelihood that a pregnant mother will struggle during labor and delivery.

Chiropractic focuses on balancing the muscles, pelvis, and ligaments during pregnancy to relieve pressure on the uterus. This treatment increases the likelihood that the child will be born via a preferable position, while lowering the risk of being born through cesarean section.

72 percent of women report finding relief from pain during pregnancy and labor resulting from chiropractic care.

7. Chiropractic Helps Chronic Pain

Low back pain affects more than 10% of the population globally, and is the most common occupational injury in the United States and Canada. North America ranks low back pain 6th amongst contributing factors for increased medical cost. Compared to conventional health management practices, chiropractic care is a low cost treatment and improves the healing of the entire body.

Doctors of chiropractic also focus on education, which is critical to reducing injuries, disability, care costs, and adverse side effects. Chiropractic therapy is also a patient preference for providing pain relief.

8. Chiropractic Normalizes Blood Pressure

Hypertension affects around 33% of Americans. Most hypertension patients will use medication to manage the condition, since that is the first option their doctor will offer.

These individuals should look to chiropractic instead. Chiropractic care can significantly control blood pressure. Chiropractic adjustments have been shown to result in a decrease in both systolic and diastolic blood pressure readings.

Chiropractors focus on the bone at the top of the neck in proximity to the brainstem which may be the reason for the impact on regulating blood pressure. Tests have shown that chiropractic care works as effectively at managing hypertension as at least two of the most commonly prescribed medications.

9. Chiropractic Eliminates Fatigue and Reduces Stress

Fatigue and stress are common symptoms for many in today's fast beat society. A professional chiropractic examination can determine why your nervous system is out of balance. Good spinal health often results in reduced stress levels and an increase in energy.

Chiropractic can even help treat depression, since it helps the body to naturally produce more serotonin.

10. Manages Behavioral and Learning Disabilities

Chiropractic procedures improve wellness and can help reduce hyperactivity and disruptive behaviors linked to ADHD and learning disabilities associated with autism.

Evidence supports that chiropractic treatment can better able a child to concentrate. In turn, it improves learning and behavior by limiting causes of agitation (sources: thetruthaboutcancer.com & slideshare.net).

How to Choose the Right Chiropractor

Choosing your chiropractor can be difficult. When it comes to manipulating your spine, it is good if you find someone you can trust and that is most of all a professional.

If you are located in the Manhattan or Brooklyn areas, you should definitely pay a visit to Dr. Adam Nachmias – Nachmias Chiropractic. Dr. Adam was awarded ***“Best Chiropractor in New York”*** both in 2015 and 2016, which is a huge accomplishment.

Patients love him and cannot thank him enough for helping them get pain free and healthy! Find out what they are saying about Dr. Adam Nachmias here:
<http://calldradam.com/chiropractic/patient-reviews/>

To book an appointment with Dr. Adam Nachmias, call any of our offices:
Brooklyn: 718-238-8900
Manhattan: 212-924-1700

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

Achieve Optimal Health With the Help of Nachmias Chiropractic!