

The Secret of Chiropractic



What is the secret of chiropractic you may wonder? How is it that the demand for a chiropractor is consistently increasing? That is exactly what we will tell you in this issue.

The answer lies in the power of chiropractic adjustments. Our days are filled with micro-stresses - meaning stresses placed upon our bodies that negatively affect how we function. These stresses can slowly wear down our body's immunity – leaving us susceptible to disease and injury.

Let us present some actions that often cause micro-injuries, which potentially can lead to more severe injuries:

1. Sitting down at a computer desk most of the day. This is actually the worst scenario for the body. It is not made for sitting down a whole day and the sitting position puts enormous pressure on the spine.
2. Repeating a single motion several times throughout the day.
3. Lifting heavy objects without thinking of correct lifting posture and bending the knees. Have a look at our **Back Care Program** to see how to properly lift objects: <http://calldradam.com/chiropractic/low-back-pain-prevention-program/>

Chiropractic adjustments prevent these severe injuries by correcting the cause of micro-injuries before they become severe.

Furthermore, chiropractic adjustments also increase immunity (that in turn can fight illness, allergies, stress, depression, insomnia etc.), physical performance, and eliminate pain.

What Happens During A Chiropractic Adjustment?

Micro-injuries cause the bones in the body to get locked up or fixated, which limits our range of motion. The bones remain locked up or hypomobile when we move and bend which can cause pain. During the adjustments your chiropractor applies light pressure to the joints to free up the vertebra and restore motion.

Also, the joints above and below the hypomobile joint get compromised as well. They will bend too much in trying to compensate for the immobile joints. This is called hypermobile. By restoring motion to the joints that are locked up, chiropractors restore health and function to the body.

Why the Popping Sound? What Is It?

The “popping sound” that can be heard during chiropractic adjustments is the release of three types of gasses; *oxygen*, *nitrogen* and *CO2*. They create the sound when they are opening up the joint. In fact, it is very similar to the effect of removing the cork from a champagne bottle and just as pleasant.

When the gasses are released, the fluid within the joints lubricates the joint surfaces restoring movement and nerve function. The same thing happens when one of the joints in your fingers is locked up and you crack your knuckles. You hear a ‘pop’ and you feel instant relief (source: fulkchiropractic.com).

Conclusion the Secret of Chiropractic

The secret with chiropractic is the fantastic health benefits chiropractic adjustments bring to the table. A chiropractic treatment is a non-invasive way of treating the cause of common symptoms. Why go under the knife when you can heal your body naturally?

More and more people are discovering this and stay faithful to their chiropractors. Patients who experience chiropractic care are also quick to recommend the treatment to friends and family. As more and more people experience the benefits of chiropractic, the demand for this natural form of healthcare continues to rise.

Patients Are Amazed How Good They Feel After A Treatment!

Depending on how long your joints have been locked up and how severe the injury determines how quickly you will feel relief, but most people feel better right away.

The saying goes “health is wealth”, so treasure your health while you have it. Protect it, and prevent injuries by allowing your body to heal itself.

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/>

Nachmias Chiropractic – We Got Your Back!