

Chiropractic's Long Term Benefits

By Dr. Derek Conte

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In the past two-and-a-half years, I've enjoyed about chiropractic's role in helping resolve various painful complaints in a drugless and surgery-free way. It is easy to grasp how the chiropractic adjustment, by optimizing spinal alignment, clears the way for the nerves to receive and transmit appropriate information between brain and body to create a state of ease in the body. While some people require more time than others to be clear of pain, most respond very quickly and are out of pain in two or three visits. Usually they comment on how other complaints they had also evaporated even if these complaints were not what originally brought them into the office. We see that these pleasant surprises tend to increase over time.

Long-standing problems respond well to longer periods of care. With long term chiropractic care improvements in posture, balance, sleep patterns and energy are appreciated as well as visceral benefits such as better digestion and lower blood pressure to name just a few. We even hear people say they don't get sick nearly as often.

Chiropractors do not "treat" diseases or disorders as medical doctors do but create the structural and physiological foundation that allows the patient's own body to heal itself. Yes, absolutely so. Think of a cut on your finger. You have confidence that it will heal naturally. This idea can be extended to include colds, flu, even disease. Why is it that if two people working next to each other are exposed to the same illness only one may succumb and not the other? Man has also survived terrible plagues over the millennia and without drugs. Of course, many died but more survived because of superior resistance and, as we demonstrated in last months article, chiropractic does increase immune function.

If we consider the length of time some of us have been sick or hurting, it makes sense that an extended regimen of care is in order to stop and to reverse what ails us. The body and its capacity to heal are truly miracles of nature. But one must set the stage for deep healing and chiropractic is a great start. Talk to your local chiropractor and let him help you today.

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