

Top 10 Reason You Might Benefit From Chiropractic Care

One of the most sought-after forms of alternative healing is corrective chiropractic care. The purpose of chiropractic treatment is not only to relieve pain, but to improve quality of life by alleviating systemic problems relating to muscles and the central nervous system. Given the researched benefits of chiropractic care, it is likely that you or someone you know could benefit from this alternative therapy. Let's take a look at the [TOP 10 REASONS](#) you might [BENEFIT](#) from [Corrective Chiropractic Care](#).

1. Elevates Sports Performance

Both athletes and non-athletes can benefit from sports-specific chiropractors. These specialized doctors have a focus on manipulating joints, soft tissue, and the spine to improve recovery time and prevent injury of strains, sprains, and even concussions.

2. Reduces Headaches

Do you find that headaches dramatically impact your health and ability to maintain the lifestyle you want? Neck pressure and movement can exacerbate the severity of headaches caused by abnormal head positioning such as hunching over at a computer during the work day. Receiving chiropractic care is an effective way to limit the occurrence of headaches, and lessen the intensity when they do occur.

3. Stimulates the Immune System

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

4. Wellness and Prevention

Chiropractic procedures manipulate the spine and entail a variety of procedures, which treat underlying health problems.

5. Alleviates Allergies and Asthma

Studies show support for chiropractic therapy as it benefits patients by decreasing the amount of medication needed. They suffer fewer asthma attacks and report an overall lessening of symptoms leading to an improved quality of life.

6. Pregnancy

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 treatment focuses on balancing the muscles, pelvis, and ligaments during pregnancy to relieve pressure on the uterus.

7. Mitigates 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. Doctors of chiropractic also focus on education, which is critical to reducing injuries, disability, care costs, and adverse side effects.

[8. 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.

[9. Weakens Dependence on Medication and Medical Interventions](#)

Chronic pain is on the rise. The first line of treatment most individuals turn to for pain relief involves medication. Tens of thousands of people consuming drugs like acetaminophen and oxycodone have reported injuries and deaths directly resulting from drug use. Drugs have adverse side effects unlike chiropractic care. Young adults are especially susceptible to drug overdoses. Dr. Joseph Wiley, Chief of Pediatrics at Sinai Hospital in Baltimore, is quoted as saying *“If you extrapolate from an adult dose to a pediatric dose, you may be right...you may be wrong.”*

[10. Normalizes Blood Pressure](#)

Hypertension affects around 33% of Americans. 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. In fact, tests show that chiropractic care works as effectively at managing hypertension as do two of the most commonly prescribed medications.

Contact Jason Matthews at [Proline Chiropractic](#).

Please review our business at: [Google](#) [Yelp](#) [Facebook](#)

If you'd like to learn more, please visit our [Member's Area](#) to access our subscribed content.

Did you know you can work out and exercise with a trainer at your home, office, hotel room, or pretty much anywhere in the world with online personal training?

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)
[Pinterest](#)/[Instagram](#)/[YouTube](#)

Make sure to forward this to friends and followers!