



an essential part of your healthy life

DISCOVER CHIROPRACTIC CARE!

What is Chiropractic and how can it help me?

What people learn from chiropractic is that it offers a natural, drugless avenue for healthcare. The truth is that chiropractic has become the largest drugless health care profession in the world because it has helped millions of people recover from sickness and disability, minimizing the use of drugs and surgery. People who suffered from migraine headaches profess, "Chiropractic is for headaches". People with low back pain may tell you "chiropractic is for low back pain" The same applies for those who suffer from digestive problems, asthma, back and neck pain, sciatica, colds and colic. People also visit the chiropractor to gain energy, improve sports performance, to resist disease and to live drug-free, a healthy way of life for them and their families. More specifically, chiropractic is a system of health care that releases a serious form of stress from your body. These are vertebral subluxations in your spine, which can affect nerves, muscles, internal organs, discs, bones and brain, weakening your overall health.

What do chiropractors do? Chiropractor's work to remove serious interference or stress in your life and spine called subluxations. A condition that puts pressure on nerves, unbalances your body, lowers your resistance to disease and weakens you. Subluxations prevent you from functioning at your best. Living free of vertebral subluxations allows your body to be balanced and absent of stress on your nervous system. By removing subluxations, you are better able to use your inner resources to achieve health and healing and above all "Life". Chiropractic is about bringing out the best in you!

Does chiropractic treatment require a referral from a MD?

No. A patient does not have to be referred. Chiropractors are legislated as primary contact health care professionals in every province in Canada.

How is chiropractic adjustment performed?

Chiropractic adjustment is a manual procedure that manipulates the joints of the body, particularly the spine, in order to reduce pain and discomfort, and restore or enhance joint function.

Can chiropractic treatment cure colds, earaches and other ailments?

Chiropractic care cannot cure these conditions, but there is some evidence to indicate that adjustments may have a positive effect on a variety of conditions.

Is chiropractic adjustment a safe procedure?

Chiropractic adjustment is a drug-free, non-invasive approach to

common musculoskeletal conditions such as headache, neck and back pain. It is a low risk therapy.

Is chiropractic treatment appropriate for children?

Yes. Children benefit from chiropractic care. Children are very active and experience many types of falls and blows from daily activities. Injuries may cause neck and back pain, stiffness, soreness or discomfort.

Does chiropractic treatment require X-rays?

X-rays play an important role in diagnosis and are taken when a need has been determined after taking a patient case history during an investigative consultation.

Can chiropractic treatment provide a preventive function?

Clinical experience suggests that individuals may experience less frequent and less symptoms when under regular chiropractic care. Whether it is degenerative joint disease, neck pain, headaches, low back pain, physical and postural strain, chiropractic treatment can prevent occurrence in the first place.

Avoidable Causes of Subluxation

Numerous stresses can cause spinal subluxation. Once your spine has been subluxated it is more likely to have a detrimental effect on all aspects of your well-being. This can compromise your nervous system function and thereby reduce you adaptive capacity.

Trauma (physical):

Gross macro-trauma is an incident so traumatic that you are likely to be aware that it happened, for example, giving birth, falls, or motor vehicle accidents. Repetitive micro-trauma is ongoing, subtle, less obvious incidents such as poor posture when sitting, standing, lying, exercising, sleeping and driving.

Tension (mental):

Mental and emotional stresses induce subluxations by leading to inappropriate nervous system, muscle and hormonal imbalances. These stresses arise out of issues involving relationships, finances, employment, loss of health, physical and mental abuse and fatigue.

Toxins (chemical):

Modern society is exposed to toxins in the home, at work, environmentally and in our food chain. This includes environmental pollutions, industrial and household cleaners, poisons, and allergens. Also dietary toxins like caffeine, genetically altered foods, preservatives, artificial sweeteners, alcohol, and pesticides. As well as medications like performance enhancing drugs, antibiotics, vaccines, and recreational drugs.



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Sources:

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