

Why Should I See A Chiropractor?



Chiropractors locate and correct vertebral subluxations in your spine. Visit your chiropractor for periodic spinal checkups, just as you see your dentist for dental checkups. You should especially see your chiropractor if you are:

- **Ill or in any discomfort or pain** – Symptoms are a sign that your body is struggling to maintain its balance or homeostasis. You need a healthy spinal-nerve relationship more than ever!
- **In any accident or trauma** – Car accidents or simple falls can cause severe spinal stress and result in numerous subluxations. A fall even as a toddler or young child can cause or contribute to health problems later in life.
- **Competing in sports** – Chiropractic gives you an edge. Many Olympic and professional athletes wouldn't dream of entering competition without first seeing their chiropractor.
- **Pregnant** – Pregnancy is a time of hormonal changes that "loosen" your ligaments, preparing for birth. This loosening however can weaken your spine. Breech presentations have been observed to correct themselves under chiropractic care.
- **A new mother** – The birth process can be very traumatic for the mother's spine.
- **A baby** – The birth process can be very traumatic for the baby and create spinal distortions; subluxations may be created which can affect the baby's health.
- **A child** – Chiropractic can have a positive influence on brain function. All children and especially those with problems such as hyperactivity, attention deficit disorder, asthma, concentration, reading or math problems, vision problems and other conditions can benefit from chiropractic care.
- **Walking with one or both feet pointing out or in; toe walking** (usually seen in children).
- **Have one jaw muscle tighter** (more sensitive to pressure) than the other. (Feel muscle between jaw and ear).
- **Under a lot of stress** – Physical, emotional and chemical stresses are tough on your spine-nerve system.
- **Alive and have a spine** and want to improve and maintain your health naturally, from the inside out, without drugs or surgery.

Compliments of:

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