

# RESTORING THE BALANCE OF HEALTH

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## *Chiropractors Treat More Than the Symptoms*

We're all subject to physical and emotional wear, tear, and aging. This causes a certain amount of stress and injury to our spinal complex. The spinal complex serves as the core for our body's process of health.

You could say that chiropractors treat the condition of being human. By helping restore and maintain proper alignment and function to our spinal complex, they treat and prevent the causes, not merely the symptoms, of our discomfort.

### **Partners With Our Bodies**

It may be a headache, stiff neck or sciatic pain that first brings us to the chiropractor's office. Once we're there, something more than our original symptom gets treated. The chiropractor knows the symptom is often the signpost to another condition which needs attention.

This holistic approach helps us to determine what our body needs. After that, we can work in partnership with it to re-establish homeostasis - dynamic balance of structure and function which forms the basis of good health.

### **Many Conditions Treated**

Many people think chiropractors treat only musculoskeletal (muscles and bones) problems. But that's not the whole story.

It's true that, for conditions such as backache, sciatica and whiplash, chiropractic is a primary treatment. Yet other conditions which involve the organs, glands and tissues of the body are also affected by spinal nerve interference.

The musculoskeletal system is an avenue of treatment to the entire body. Chiropractors can help a variety of problems:

- Pain of the back, neck, jaw, shoulder, arm, hip and leg
- Numbness
- Sensory impairments

- Accident and sports injuries
- Headaches
- Strains, sprains and spasms
- Joint problems
- Congenital and structural abnormalities
- Stress and immune related disorders

Even certain kinds of emotional and psychological imbalances have been shown to benefit from chiropractic treatment.

### **Who Can Benefit?**

Everyone can benefit from chiropractic care. Its' aim is not only to restore health, but to maintain it. Just as we make a regular visit to our dentist for the health of our teeth and gums, we would be wise to make a regular visit to our chiropractor for the health of our spinal complex.

Babies and children, with their frequent jolts and tumbles, are often most in need of minor spinal corrections to prevent later more serious consequences of their falls. The elderly, with their more delicate bones and musculature, are more vulnerable to musculoskeletal shifts and imbalances.

### **The Increasing Scope of Chiropractic Care**

The Doctor of Chiropractic gives special attention to the relationship between our body's structure and the way its systems and tissues function. We understand that the mind has a strong influence on the body. As the environmental and personal stresses of life increase and the challenge to our mind-body health team intensifies, this relationship becomes even more important.

Chiropractic care offers other advantages: teamwork with other health professionals, a multi-disciplinary approach to treatment, patient education, and an emphasis on prevention. These are among the reasons why chiropractic care is rapidly increasing in scope and popularity. ☺