

# What Makes Chiropractic Different?



## Natural. No medications.

Chiropractic care does not include medications or prescription drugs. Your body has an incredible ability to regulate and release chemicals as required and chiropractic care attempts to maximize that ability.

Medications can cover up important symptoms. Headaches, neck or back pain can be symptoms that something is wrong. Medications may provide temporary relief but they often do not address the underlying problem. The medication wears off and the pain returns.

Chiropractic care focuses on addressing the cause of the pain as opposed to addressing the pain itself.



## Part of Balanced Healthcare

You visit a dentist for oral care and an optometrist for eye care. Your chiropractor is your specialist on spinal care. Regular spinal check ups should be part of your balanced healthcare program.

Like regular exercise, a balanced diet, reducing stress and eliminating toxins, chiropractic can have lasting benefits to long term quality of life.

## Chiropractic can change your life!

### REFERENCES

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## Your Body's Healing Ability

Chiropractic is a safe and natural form of healthcare. It focuses on the body's ability to heal itself. When your body is functioning properly, it has a tremendous ability to regulate and correct its own problems. It controls all cells, tissues and organs in an effort to optimize its performance.

Your spinal cord acts like a "highway" for your nerve messages. Nerve messages are relayed between your brain and every cell in your body. This allows your body to regulate itself and repair damage.

Chiropractic care focuses on optimizing your body's own ability to heal by removing any interferences in the "nerve highway".

Through gentle, specific adjustments chiropractors can create mobility in areas of your spine that are restricted and realign vertebrae which are out of position, thereby removing or reducing nerve interference.

**Your spinal column has 24 movable vertebrae. If they are mis-aligned or not moving properly, they can interfere with nerve function.**

## Prevention & Wellness

In chiropractic the focus is on your overall wellness instead of specific diseases, conditions or pains. Chiropractors look at how your spine relates to your health and try to create an environment where your body can function optimally.

Chiropractic care strongly emphasizes prevention. By helping you maintain a healthy spine and optimizing your body's health, chiropractic helps prevent health concerns from becoming more serious, painful or debilitating.

**For optimal performance, all parts of your body must function together properly.**

## Spine Specialists

It takes years of post-secondary schooling to understand the complexity of the spine. Chiropractors are spine specialists. They understand how your spine works, what can go wrong and how each vertebra, disc and nerve relate to your health and well being.

When spinal vertebrae are out of alignment or restricted they can cause irritation to the delicate spinal nerves. This irritation can block messages or cause messages to be transmitted incorrectly.

**Chiropractic is a safe, natural and effective solution for many health concerns.**

