

What is Chiropractic?



Chiropractic is a conservative and natural healing art and science that concentrates on keeping people well. While chiropractic is an American science over 100 years old, its wellness practices have stood the test of time -- dating back to spinal manipulations first used by Hippocrates, the Father of Healing, in the 4th Century B.C.

Doctors of Chiropractic attempt to get to the root cause of a health problem rather than just treat the symptoms. They seek to maximize the natural strengths of the body and its capacity to heal itself without the use of drugs or surgery. The primary focus of chiropractic is the detection, reduction and correction of spinal misalignments and nervous system dysfunction.

Misaligned vertebrae (known as subluxations) can irritate the nerves and disrupt the body's ability to send "command center" messages through the spine to different parts of the body such as the tissue, bone, glands and organs. All parts of the human body require proper nerve energy and a flow of information in order to function properly. If left uncorrected, a spinal malfunction can interrupt this internal communication system and cause pain, muscle and organ dysfunction and other imbalances. The Doctor of Chiropractic, through a procedure called adjustments, helps to restore misaligned vertebrae to a more normal position, thus allowing the nerves to properly communicate with the rest of the body and let the body heal itself -- safely and naturally. Chiropractic's drugless and preventive approach to good health makes it perfectly appropriate for infants, children and teenagers.

Life Solutions Chiropractic

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