

Chiropractic Benefits Extend Beyond the Spine and Pain

Health tends to become a temporary top priority again for millions of people with the coming of a new year. The desire to add new strategies and disciplines consumes almost half of all adults. New resolutions plaster the journals of countless men and women with good intentions to improve their health, weight, and happiness.

People across the nation will implement lifestyle changes designed to transform size, shape, and health. The defining characteristic behind the success of each plan comes down to **discipline**. A close secondary factor for success exists in **possessing proper knowledge and strategy**. Discipline allows even a poor plan to succeed to some extent, but discipline attached to a well-educated plan produces lasting results. The majority of January health-enthusiasts fail every year due to a lack of proper discipline and educational support. Discouraging results plague millions of well-intentioned health enthusiasts each January and **optimistic plans turn into a waste of time, money, and resources**.

Chiropractic care provides a crucial element in the education process needed to spark true resolution in health care. Many people assume Chiropractic only deals with neck and back pain when the science actually proves beyond measure that poor posture and spinal health serve as a detriment to every aspect of body and system function. **Research published in 2005** linked musculoskeletal (muscle, bone, and posture) injuries to autonomic nervous system dysfunction. Abnormal spinal and postural health creates such a massive disturbance in the body that a downward health spiral reverberates through the entire body. Disruption to the health of the nervous system creates disruption to the health of the entire body. **Problems like heart disease, high blood pressure, infertility, decreased immunity, hormone imbalances, breathing struggles, thyroid dysfunction, digestive disorders, fatigue, and many other connect directly to the health of the nervous system.**

Chiropractic care assists children and adults of all ages reach their **maximum function and performance**. Chiropractors assess and improve function of the central nervous system by changing biomechanics through specific adjustments of the spine. **Many nervous system changes and improvements happen silently over an extended period of time as the body naturally optimizes innate health potential.** Drugs and medicinal interventions provide temporary solutions at the expense of long term health and risk, but Chiropractic care targets true health that originates within the body. Chiropractic adjustments improve the musculoskeletal system and directly improve the function of the powerful autonomic nervous system.



True health resolutions begin with discipline empowered by knowledge. Mainstream medical care links Chiropractic to a solution specific to spine and back pain. That inaccurate perspective robs people of the true power and health benefits available from scientifically engineered Chiropractic adjustments. Science and research continue to reveal the amazing whole-body benefits of Chiropractic. Another new year provides an opportunity to make well-informed changes and resolutions for a healthier future. The unique advantage of Chiropractic care begins with an appointment for a simple spine and nervous system evaluation for the whole family. **A healthy resolution and lasting results begins by partnering with Chiropractic.**

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"Autonomic Nervous System Function Among Individuals with Acute Musculoskeletal Injury."

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