

# ONCE YOU GO TO A CHIROPRACTOR, YOU ALWAYS HAVE TO GO! (PART II)



Two weeks ago, we wrote about the fact that you, and only you, can decide what your schedule of adjustments will be, after a consultation with your chiropractor. If you missed it and would like a copy, call our office.

Let us review today the scientific evidence that supports a regular schedule of appointments, which should answer the statement that one of our patients made a while back: "Doc, I feel so good, I don't know why I'm here!"

Patients who understand the real value of chiropractic know that they come when they feel good because they want to stay that way!

It's like brushing your teeth or getting a cleaning before you get cavities. You will not hear someone say: "Doc, I don't brush my teeth, I don't have cavities!"

Likewise, you get an oil change on your car before your engine gives you trouble (hopefully)!

Eating a healthy diet, drinking good quality water, exercising regularly and taking time to relax/pray/meditate daily are primordial in achieving optimal health. As well, optimal nervous system function, optimized by regular chiropractic adjustments, is at the very foundation of good health. Your nerves control and coordinate every single function of your body. You absolutely cannot achieve optimal health without proper nerve function.

So here it is, a partial review of scientific studies that support regular chiropractic adjustments (All references available on request):

- 1) Regular adjustments can slow down or even reverse osteoarthritis.
- 2) As little as the weight of a dime on one of your spinal nerves decreases its function by 60%. Pressure on spinal nerves can exist without pain even in the presence of disturbance of the central nervous system.
- 3) Children under regular chiropractic care have superior health, better immune function, and are less prone to infectious processes.
- 4) A large study involving 2818 chiropractic patients showed a strong connection between long-term, regular chiropractic care and health, wellness and quality of life; 95% said the care had met or exceeded their expectations and 99% wished to continue care.
- 5) Senior citizens who are chiropractic patients have better overall health, spend fewer days in hospitals and nursing homes, use fewer prescription drugs and are more active than non-chiropractic patients.
- 6) Senior citizens under maintenance chiropractic care for five years or more are at such a higher level of health that they cost the health system less than a third of the average senior citizen! 95.8% believe the care to be considerably to extremely valuable!

One of the best investments you can make for your health is to get regular chiropractic adjustments. By removing interference to your nervous system, your adjustments will restore optimal nerve flow to every part of your body and provide for optimal function, wellness and quality of life!

If you and your family receive regular chiropractic adjustments, congratulations! You are making a very wise choice. If not, please consider giving yourself and yours the gift of optimal health.

Please note our next article will be in three weeks due to summer holidays. Thanks for reading!

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*Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.*