

Question & Answer

WHY CHIROPRACTIC?

The key to real health is to have every organ, tissue and system of your body functioning exactly as it was designed.

Chiropractic is a unique healing discipline. It's success with a variety of health problems is the result of a focus on the relationship between the nervous system and the spinal column. The effectiveness, safety, and simplicity of this approach to relief and wellness, makes chiropractic the natural choice of health care. Without your nervous system functioning properly, your body is fighting a losing battle. Chiropractors gently and effectively remove any subluxation to your nervous system so the brain and your body can function at its best. Real Health is not only how you feel, it's how you function!

WHAT IS A SUBLUXATION?

The chiropractic approach is to locate, analyse and remove subluxations. A vertebral subluxation is when there is improper movement of joints, especially the spinal joints which results in inadequate sensory information being passed to the brain. The brain is now less effective in providing the body with the correct messages in order to function properly. This affects your muscles, balance and function of your organs and the chemicals and hormones that they produce.

WHAT CAUSES A SUBLUXATION?

Subluxations are caused by stresses that your body cannot adapt to and cannot overcome e.g. a fall, injury, sudden jar or twisting movements, improper sleeping conditions, poor posture, occupational hazards, incorrect lifting practices, lack of rest and exercise. Other causes are emotional stress, smoking, obesity etc.

HOW IS A SUBLUXATION CORRECTED?

Doctors of Chiropractic are specialists in neuro-musculoskeletal conditions. Chiropractors are trained to determine when and how to restore proper movement of a joint. They do this manually using a chiropractic procedure known as a spinal adjustment. Chiropractors may also use instrumentation to detect subluxations and adjust the spine.

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