

***** This is an article ghost written for a local doctor's newspaper column.**

Dear Dr. Karen,

I've always been a naturally healthy person. I don't have neck or back pain. Could chiropractic treatment help me?

Dear Mrs. N.

Yes, almost everyone can benefit from chiropractic care. The chiropractic system is more than just a method of repairing disease. We want to help you maintain that good health you currently enjoy. The main goal of chiropractic treatment is helping the body to heal itself. If you are healthy the body is doing just that. It is naturally resolving the everyday health threats. We want to keep those natural systems successfully defending your health.

The proper function of all your body parts depends on having a clear communication through your nervous system. When the connection is clear all your parts function correctly. When the messages start being scrambled then some parts may not work correctly. Your health will start to suffer at this point. This interference is commonly caused by a misalignment of your spine. The chiropractic term for this is a 'subluxation'. That is what a chiropractic adjustment takes care of. It removes the blockages and allows the body systems to communicate clearly with the nervous system. Then those systems can heal the body as nature intended.

This blocked communication problem slowly builds up. It starts getting a little worse every now and then. Before you know it the blockage becomes serious and your health degrades. That is how regular chiropractic visits help maintain your health. By keeping your connections clear your body is free to fight the daily onslaught of health threats.

We would like to help you with maintaining your high level of health. Call in to arrange a session to evaluate your current condition. We also offer a series of classes to show you how you can improve your health.