

## **Chiropractic for Health**

Chiropractic has a powerful effect on the nervous system, which in turn, controls or influences all functions of the body. Chiropractic is effective for muscle and joint pain but more importantly, it acts to restore normal physiological function of the central nervous system. Chiropractic helps to stimulate optimal neurological function which in turn will help optimize all body functions.

Chiropractic therapy is very effective in helping to maintain the proper balance between the right and left hemispheres of the brain. All functions of the body are influenced by the brain. When one side of the brain is weaker than the other a neurological imbalance may develop, with a negative impact on overall health.

You can check your own hemisphere balance by marching in place with your eyes closed and your arms extended forward (do not do this if you tend to lose your balance with your eyes closed). March in place for fifty steps. Open your eyes. If you have rotated your body's position in either direction you may have a decreased frequency of firing of the nerves in the same hemisphere of the brain as the side you rotated to. Chiropractic can help restore proper balance.

Many people associate chiropractic treatment with twisting and popping or cracking of the joints of the spine. While some chiropractic methods use this approach, we prefer gentler techniques, using a hand instrument to adjust our patients. Treatments are very comfortable, effective, safe and never cause popping or cracking of the joints. Chiropractic is not only a wonderful therapy for many conditions, but a great preventive tool as well. Chiropractic works!

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