

BACK PAIN STEALS HOURS OF COMFORT AND YEARS OF LIFE

Approximately 700 million people around the world suffer from back pain. Researchers estimate that nearly 85% of the population will suffer from some form of back pain in their lifetime. Recent research revealed a significant concern for anyone suffering with low back pain. Researchers warn that those experiencing low back pain have a 13% increased risk of early death. One of the most important preventative health care measures awaits through the pursuit of eliminating the source of low back pain before problems become permanent and deadly.



Low back pain historically plagues individuals with the nagging inconvenience of discomfort without much prognosis for resolution other than pills or minimally successful surgery. New studies consistently reveal that pain represents a much greater issue. One particular study found an amplified risk of early death in those experiencing pain versus those without spinal problems. An Associate Professor at the University of Sydney and contributed to the new research. *"This is a significant finding as many people think that back pain is not life-threatening,"* Paulo Ferreira said.

The pool of people affected by these findings continues to grow. Statistics show that five out of every six people will suffer from back pain at some point in their life. A connection to early death means that the prevention and treatment of lower back pain becomes an issue much greater than daily discomfort. Ridding back pain not only resolves the issue of daily aches but also produces the opportunity for greater longevity.

Chiropractors help men, women, and children of all ages reduce and eliminate back pain. Mounting research confirms that the benefits of Chiropractic adjustments extend far beyond pain relief. The link between the presence of low back pain and increased risk of early death exists in the science of subluxations. Subluxations identify as small, subtle shifts in vertebral alignment and movement. These shifts interfere with the nervous system and the vital autonomic functions of the body. Undetected and uncorrected subluxations negatively impact the control panel of all function in the body.

Chiropractors passionately pursue the detection and correction of vertebral subluxation in men, women, children, and infants. Chiropractic care not only addresses back pain but also targets improved performance and function in the nervous system. The goal of Chiropractic adjustments involves the optimal function of the body and the avoidance of needless pain, suffering, surgery, and early death.

The best time for everyone to get their first adjustment happens just after birth when the nervous system needs to overcome the early subluxations that occur from the birthing process. The next best time to get that first adjustment occurs whenever a person decides they want a lifetime of improved health that cannot be found in bottles of pills and daily therapy for pain and discomfort. Millions of people need spinal care in order to steer their path towards better health care. Longevity and quality of life depend on it.