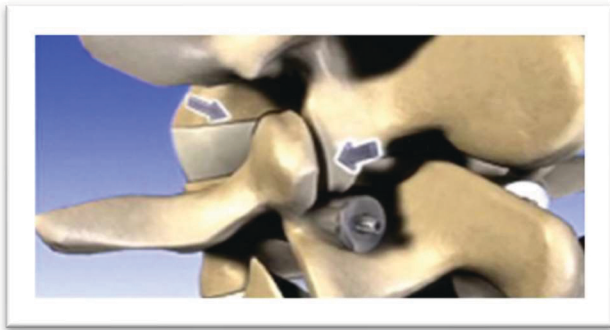


# Chiropractic Adjustments Prevent Spinal Degeneration

Regular Chiropractic check-ups and adjustments prevent and, in some cases, reverse the effects of joint and disc degeneration in the spine. Medical studies dating back to the early 1980's help prove the importance of spinal adjustments to prevent arthritis, decay, and degeneration of the spine. Many people do not yet understand the valuable relationship between Chiropractic care and the prevention of spinal degeneration. Education remains an important step in improving the health care options for every family.

Abnormal alignment and movement in the spine result in joint and disc degeneration. Numerous studies proved and reaffirmed this science over the past 35 years. The key ingredients to preventing or reversing bone and joint degeneration are movement and proper alignment. A study from the fall of 1981 showed that improving motion through a quick and precise spinal adjustment restored the proper conditions for the repairing of connective tissue.



Chiropractors utilize precise spinal adjustments to improve nervous system function. Regular chiropractic adjustments keep the spine in alignment and moving appropriately. Some people believe that a Chiropractor performs an adjustment to simply relieve back or neck pain. Research began to disagree when studies revealed the intricate connection between the human spine, brain, and autonomic nervous system. Science began to explain why so many Chiropractic patients experience improved health and function in areas not directly related to the spine.

Chiropractic serves as the premier health care option for people of all ages determined to mitigate, prevent, or minimizing spinal degeneration. A 2003 study performed in Aberdeen, Scotland showed that 9% of ten year-olds had spinal disc degeneration without knowing or feeling the presence of the condition. This study agrees with many others that prove the health of the spine cannot be determined by the way it feels. High blood pressure, high cholesterol, and high blood sugar are all potentially deadly conditions that do not cause pain. Spinal degeneration bears the dangerous responsibility of impacting both the spine and the brain. Most healthcare professionals do not possess contemporary knowledge involving the science and research that support Chiropractic care as a safe and healthy alternative to drugs and surgery.

The spine provides specific nutrients to the brain and nervous system every hour of life. No pill or artificial substance can provide a suitable alternative. Appropriate alignment and movement of the spine are necessary for optimum nervous system health. Regular Chiropractic care provides essential movement that prevents decay and degeneration while keeping the body healthy in every stage of life from infancy and children to adulthood. Accurate and current scientifically founded information allows every family to make educated decisions about the best health care available. Chiropractors continue to lead people and families in their communities to make better health choices by providing information and education to a society that deserves experience life at the pinnacle of well-being.