

Chiropractic Proven to be 5x Better than NSAIDs for Pain

Researchers evaluated the effectiveness of three different pain reducing interventions. The published study selected and randomly placed patients suffering from spinal pain into three groups. One group received non-steroidal anti-inflammatory drugs (NSAIDs). The second group received acupuncture and group three received chiropractic adjustments. The chiropractic group reported positive pain relief results at a rate five times greater than the patients receiving medication.

This study took place before the potent pain reliever Vioxx was pulled from all shelves for safety concerns in 2008. Vioxx came off the market on October 1, 2004, after evidence showed that users experienced significantly higher risks of heart attacks and strokes. Drug safety experts determine a products removal from the market when enough adverse outcomes and deaths occur that can be attributed to that product's use. Strong NSAIDs pose extreme risks to a patient's health through both side effects and the reality that the drugs never actually resolve the cause of pain. Every cause begins with a source. Pain management with pharmaceutical drugs masks pain and often cause addiction and dependency without providing a healthy, long-term solution.



The aforementioned study proved that non-invasive chiropractic relieves pain at a much higher rate than NSAIDs and acupuncture. Chiropractic also provides opportunities for the body to heal and experience improved overall function. Chiropractic practices began to dot the landscape in 1895 after studies and better understanding of the human body proved that proper spinal care initiated healing to not only the spine and neck but also to organs and systems within the body. Restored hearing, increased heart health, improved immunity, deeper sleep and overcoming infertility represented just a few of the many benefits people achieved through chiropractic. The relationship between the spine and the autonomic nervous system explains the scientific reason for these benefits. Whole body performance and function improve with regular chiropractic care.

Research continues to grow and offer evidence and certainty that chiropractic adjustments provide a healthy and safe pathway to a pain-free life. Even the most chronic of pain sufferers report freedom from debilitating discomfort through chiropractic care. Optimal health care comes from solutions that provide healing. People of all ages benefit from proactive care that allows the body to resolve pain at the source. A pain free future begins with chiropractic.