

# Desire for Healthcare without Drugs Shows Chiropractic Use is on the Rise

Chiropractic represents the third largest primary healthcare profession in the United States, surpassed in numbers only by physicians and dentists. Chiropractic serves as the largest, most regulated, and best recognized of the complementary and alternative healthcare professions. Chiropractic care began offering natural healing solutions to ailments dating back to the late 1800s. Hundreds of thousands of patients grew exponentially to a following of millions in the past few decades. The growth trend emerged from an information sharing era that educated people on the incredible results experienced by people desiring a healthcare solution that focused on proactive health rather than sick care from drugs and surgery.

Chiropractic faced many challenges through the early days of establishing proactive health by maximizing the power within the body. Some traditionalists viewed natural healing as a threat to medical and pharmaceutical solutions. Those who studied the development and potential in Chiropractic discovered one essential fact that withstood those challenges: results.



People of all ages discovered solutions to health concerns by addressing the underlying causes.

Research published in 2017 shows that 67% of patients who utilized chiropractic care reported an improvement in overall health accompanied by feeling better. Improvements in sleep, stress reduction, greater sense of control, better emotional stability, increased performance, and improved relationships represented some of the many benefits reported after starting chiropractic care. 62% of people who utilized chiropractic reported their main reason for seeing a chiropractor was because they wanted to heal their body rather than simply take drugs that treat symptoms.

Chiropractic continues to significantly grow as a healthcare option because people experience genuine improvements in many aspects of health, performance, and function, while reducing the necessity of drug use. Understanding the healing power within the body began with understanding how the bones in the spine work with nerves and organs to promote overall health. Some people began to associate chiropractic care with alleviating back and neck pain. Research began to expand and educate more and more people with the fact that proper mobility and alignment in the neck and back promote total body health and healing.

Documented research over the last ten years helps explain why chiropractic patients achieve such great results. Science reveals an intimate connection existing between spinal health and brain function. If a vertebra loses proper alignment and mobility, the central nervous system becomes stressed. Chiropractors focus on removing interference from the nervous system by improving spinal health and function through an adjustment. Restoring proper brain to body communication unlocks innate healing and health potential.

Chiropractic care gained significant momentum when athletes looking to maximize performance began adding chiropractic to their recovery regimens. Most sports teams now employ a team chiropractor to reduce injury, improve reaction times, speed, strength, agility, and recovery. Chiropractors assess the spine for areas of nervous system stress and deliver adjustments when necessary to improve communication from the brain to the body.

Over a hundred years of results drive the passion behind chiropractic care. So many aspects of health and performance improve through adjustments that promote proactive healing and care. For the growing populace of families continue seeking health and wellness options that offer natural, drug-free solutions: Chiropractic works.