

# Father of Medicine Predicted Why Chiropractic Would Be So Valuable

Hippocrates lived from 460 BC until 370BC and earned historical acclaim as the *Father of Modern Medicine*. Hippocrates was the first physician to advocate how diseases were caused naturally, not through superstition or as punishment from polytheistic gods. His approach revolutionized peoples' understanding of modern healthcare. Emphasis shifted from misconceptions to actively changing environmental factors, diet, and living habits to address specific health conditions or symptoms. Hippocrates' influence remains strong today as the "Hippocratic Oath" continues to be recited by every graduating doctor from medical or professional school.

One of the most profound findings and statements that Hippocrates made during his lifetime related to the spine.

*"Get knowledge of the spine, for it is the requisite for many diseases."*

-Hippocrates

This line of thinking and prediction withstood the test of time. Immeasurable research and scientific evidence continue to validate Hippocrates thoughts and findings from nearly 2500 years ago. The spine functions as so much more than just a hard set of bones that holds the posture upright. The spine maintains an intimate connection with the health and performance of the entire body through the central nervous system. Chiropractic developed as a specific health care approach over 2000 years after Hippocrates lived. The basis of chiropractic simply recognized basic facts about the spine and its inter-relationship with optimal function of the body through the nervous system. Chiropractors use this knowledge to apply specific, gentle adjustments to misaligned vertebrae with the intention of improving communication from the brain to the entire body.

Millions of amazing testimonies of healing and recovery provide evidence of restoration occurring in both children and adults after receiving chiropractic care. Many of the results have little to do with spine or neck pain. Breathing, digestion, heart, and immune health all represent examples of symptoms or conditions that improve through chiropractic on a regular basis in clinics all over the world. Too many people remain unaware of the natural benefits achieved with proactive chiropractic care.

Chiropractic adjustments benefit everyone. Research from 2014 evaluated nerves in the neck and their impact on overall health. The study surveyed many aspects of the body including brain health, heart function, digestion, and immunity. Overwhelming evidence linking the spine to many other parts of the body became very apparent through steady research. The health of the spine matters. Chiropractic helps all aspects of function and human performance because of the unique connection between the spine and nervous system. Maintenance care of the spine serves a vital purpose that combats the daily physical and emotional stresses of life. Chiropractic offers so much more than a solution for back or neck pain. Maximized function and performance originate from proactive care for the entire body. Chiropractic works.

