

MYTH: "Once You Start Going to a Chiropractor, You Must Keep Going!"

The Research Says...

A popular myth once deterred people receiving the countless benefits of Chiropractic care. The myth involved the assertion that once a person engaged with Chiropractic care, they became forever bound to continue or risk a detrimental outcome. Nothing could be further from the truth!

Americans champion their freedom. Health care represents one of the many ways in which people embrace freedom of choice in the form of doctors, treatments, diets, and supplements. Even people with specific insurance plans maintain the freedom to pursue health outside the limits and bounds of insurance offerings. Chiropractic care also offers the freedom to pursue short term or long-term care.



The misconception regarding Chiropractic revolved ironically around the reality of positive results within the nervous system. Meditation, exercise, and vitamins all represent health choices which become increasingly beneficial through regularity. Lifestyle choices impact health. A person choosing Chiropractic care or other form of lifestyle choice intended for long term health improvement noticed results over a period of time and consistency. Those benefits naturally revert and deteriorate when someone chooses to step away from that lifestyle choice, whether it be exercise, a healthy diet, or Chiropractic care.

Groundbreaking research published in one of the world's most prestigious medical journals showed the value and benefits of regular Chiropractic adjustments. The study randomly divided a group of sixty patients with back pain. The first group received placebo adjustments throughout the trial. The second group received three real adjustments per week for four weeks with no follow up care. The third group received three real adjustments per week for four weeks with one additional adjustment every two weeks for the following nine months.

Results declared what most Chiropractors witness on a regular basis. The groups receiving real adjustments reported significant relief and improved function compared to the group receiving placebo adjustments. Further evidence revealed that participants who received on-going adjustments every two weeks achieved the highest level of function, comfort, mobility, and life quality. The group who received positive initial results with real adjustments before reverting to a previous lifestyle experienced diminished results over time. The reality of the study reflects in other arenas of health care. People maintain the freedom to make lifestyle choices which produce positive outcomes over a period of consistency and regularity. People also lose progress when they revert to a previous, less healthy lifestyle.

Chiropractic care provides maintenance and healing within the body. Evidence-based research proved long ago that adjustments create improved health and function within the body. Someone acclimated to better health will experience a deterioration of their health when they choose to no longer care for their nervous system. A similar outcome would occur in someone who exercises and maintains a healthy diet but chooses to become sedentary and eat foods high in fat.

A consistent approach to proactive health care empowers entire families to better function and life quality. Chiropractic patients experience genuine improvement in health and performance by unlocking potential within the body. Regular adjustments ensure that optimal health for the entire family remains a never-ending pursuit.