

MAINTAINING A HEALTHY FUTURE THROUGH REGULAR CHIROPRACTIC CARE RESEARCH REVEALS THE RELEVANCE

Fruitful gardens, well-functioning cars, strong relationships, and healthy spines all share something in common: Maintenance. Consistent care represents a key aspect in producing a worthwhile return in any relationship. **The spine represents one of the most valuable investments available.** Some believe the spine exists for the simple sake of movement and posture. Nothing could be further from the truth. The health and maintenance of the spine impacts the very well-being of the entire body and all its essential organs.

The benefits of Chiropractic extend well beyond back and neck pain relief. Many symptoms seemingly unrelated to the spine improve through Chiropractic care because of the spine's intimate relationship with the central nervous system. The essential piece of Chiropractic exists in the relational interaction between a healthy spine and the long-term healing of pain and symptoms.



A 2019 study showed that patients who used Chiropractic care on a regular basis following an intensive initial care plan experienced fewer days with pain and disability compared to those who only utilized Chiropractic during periods of pain. The study further proves what other research and millions of Chiropractic patients understand from over five decades of data collection. A relationship between Chiropractic and the nervous system provides a foundational basis for achieving greater levels of long-term whole-body health.

The benefits of Chiropractic care begin with maximizing the mobility and functionality of the spine. When optimum performance becomes established in the nervous system, the body experiences both a reduction in joint degeneration and an environment of healing and restoration. The body maintains a tremendous capacity for healing and recovery. The hindrance tends to be a lack of communication between the body and brain. The spine serves as the bottle neck for both structure and function in the body. **Chiropractic adjustments improve the health of the spine to ensure better overall function regardless of the presence of symptoms and pain.** The overall goal always focuses on healing and long-term freedom from pain.

Most Chiropractic patients begin receiving adjustments without being in a state of pain or discomfort. They understand that the body works in relationship with the structure and systems which produce health and longevity. Waiting until pain arises mirrors waiting until cavities form or a car breaks down. **Maintenance proactively preserves most valuable relationships.** Caring for the spine through regular checkups and adjustments provides a greater quality of life. Chiropractors offer a pain free avenue of health care that ensures a brighter future and vibrant health for all men, women, and children.