



Universal Health™



## Chiropractic

### How does Chiropractic work?

The spine houses and protects the spinal cord, the “switchboard” of the nervous system through which 120 trillion nerve fibres pass from the brain to different parts of the body. When injury, posture problems or emotional stresses occur, your vertebrae become dysfunctional. This may interfere with the normal function of nerves. Gentle adjustments are given to remove and unlock these dysfunctions thus alleviating the cause of pain and malfunction.

### The treatment

After attaining your clinical history (medications, surgery, genetic influences etc) an examination of your spine and posture is conducted. Once fully assessed, your practitioner will apply the appropriate therapy to areas of your body to correct the spinal misalignments. Some patients experience varying amounts of symptoms (reactions), particularly after their first one or two adjustments, depending on their level of fitness. If there is a rapid change in muscle tension and you have not been very physically active, there is often a stiffening of muscles similar to that experienced after strenuous exercise. These symptoms, while they may cause a degree of discomfort, are a sign that a lot of change has taken place. This is seen as a good sign, in spite of the discomfort. Generally these symptoms last 1 to 2 days and usually fade leaving a great feeling of wellbeing and more importantly, an efficiently functioning nervous system.

### The benefits

Most patients report improved posture and performance, increased strength, improved flexibility, greater resistance to injury, improved ability to sleep and relax, fewer aches and pains, improved tolerance to stress and general enhancement to health. Chiropractic adjustments allow the body to heal itself without drugs or surgery.

### Do you suffer from?

- Allergies
- Backache
- Carpal Tunnel
- Elbow pain
- Fibromyalgia
- Headaches
- Hip pain
- Joint pain/problems
- Knee pain
- Lower back pain
- Muscle tightness and stiffness
- Neck pain
- Sciatica
- Shoulder pain
- Sports injuries
- Stress
- TMJ

### Results You can expect?

You may feel warmth flowing to various parts of your body after your initial adjustment or a surge of vitality as nerve function is restored. Some patients experience complete relief after only one adjustment, or it may take a few adjustments to relieve your symptoms.

A healthy nervous system is vital to an active and healthy body. Restoring normal nerve function can bring relief from pain and may also benefit you in other ways. Such as allowing for a better nights sleep, reducing tension and stress, and in general, allow your body to function at it's full capacity. It is important to note that maintaining your health is as crucial as attaining it.

**Chiropractic is an important preventive approach to health, focusing on wellness.**

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

