

Regular chiropractic care proves to deliver the greatest results

The time and money required is worth the weight in gold!

Good health serves as one of life's most treasured assets.

The choices people make to acquire and maintain their wellbeing represent the extent to which people value the freedom that comes with a healthy life. That passion amplifies even more when it comes to the future of children and families. Reactive health care after someone becomes sick or debilitated costs a fortune in money, time, and emotional turmoil. A major demographic shift continues to evolve individual and family ideology towards proactive health care. People want to invest in health care which improves health, prevents degeneration, and promotes an overall improvement of function and well-being rather than waiting to treat symptoms after the body begins to face disease and sickness.

Most health insurances focus more on sick care than health care. Sick care kicks in after a sickness, symptom, or disease begins to attack the body. **Health care focuses on proactively taking care of the body so that problems, symptoms, or diseases never arrive.** Chiropractic falls into both categories but provides the unique ability to proactively improve the body's health and function while preventing degeneration by restoring spinal alignment, movement, and nervous system function.

An old adage declares that a healthy person carries a heart full of thousands of goals, dreams, and aspirations, but a person plagued by sickness or disease carries only one. A person's precious health deserves to be cared for and maintained. People often take major steps of preventative care for automobiles, homes, and even their teeth while overlooking the body's critical need for spine and nervous system care. General maintenance ensures maximized function. The benefits of chiropractic extend far beyond back and neck pain relief. **Symptoms seemingly unrelated to the spine improve through chiropractic care due to the spine's intimate relationship with the central nervous system.** One of the great benefits of a chiropractic plan for health care stems from the body's ability to resolve pain without the need for drugs and powerful pain killers. Adjustments also improve overall organ and system function to prevent future problems from



occurring.

Studies continue to show the people who utilize chiropractic care with on-going checkups and adjustments experience better overall health than those who did not. The results of recent research completed in 2018 prove that patients who receive consistent chiropractic care after an initial treatment plan experience greater better quality of life.

Chiropractic science involves so much more than simple pain relief. Spine and nervous system care help maximize function, improve mobility, and reduce the risks of further pain and degeneration. Understanding that health serves as one of life's greatest assets goes hand in hand with engaging in preventative health care. Optimal health involves powerful and effective communication between structure and function within the body. **Chiropractic adjustments improve the health of the spine to ensure better function.** Chiropractic care approaches the root of pain and disease at the source by creating an environment where the body is free to flourish, heal, and approach the future with healthy resiliency. **A plan for lifetime wellness care for the entire family begins with chiropractic.**

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"The Nordic Maintenance Care Program: Effectiveness of chiropractic maintenance care versus symptom-guided treatment for recurrent and persistent low back pain-A pragmatic randomized trial."

A Eklund, I Jensen, M Lohela-Karlsson, J Hagberg, C Leboeuf, A Kongsted, L Bodin, I Axen



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