

CHIROPRACTIC, INSIDE AND OUT

By Dr. Derek Conte

Most people seek chiropractic care for pains in the muscles and joints. It is a logical idea, considering that chiropractors adjust the joints of the body to clear the irritated nerves that cause tightness and pain in the muscles or cause numbness and tingling in the skin. What people generally don't realize is the positive effect chiropractic has on their internal health.

The brain regulates and communicates with the body via the spinal cord. At every level of the spinal column, between each vertebra, a pair of nerves emerge right and left and go to all parts of the body. As soon as the nerves emerge they split, one part going to the muscles, joints and skin and the other part remaining deep to control the organs and glands. When the vertebrae become misaligned the nerves are irritated at their source, altering function at their destinations, which can mean reduced blood flow or too much or too little activity in an organ. Given this anatomical reality, it is not hard to imagine how the chiropractic



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adjustment would favorably influence all functions of the body.

All of our internal organs and glands are fed by nerves just as our skin, muscles and joints are. Regular chiropractic patients come to understand this and feel improvements in their visceral function such as fewer headaches, sinus problems, allergic reactions, better digestion and regularity, better balance, sleep, energy, fewer illnesses and lower blood pressure, for example.

Though chiropractors don't treat medical conditions, their focus on clearing the nervous system by reestablishing good spinal alignment and posture has a stabilizing effect on the entire body and its functions. This is the beauty of chiropractic: helping people realize the fullest potential designed into them at birth. Something everyone can cherish.

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