

What is chiropractic ?

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Chiropractic is a natural therapy that centres around the body's own natural ability to function and heal itself. Chiropractic is based on the knowledge that misalignment or tension (subluxation) of the spine can interfere with the flow of information along the nerves and may dramatically affect the function of your body. Causes of subluxation can vary from minor interferences to major events, the three main types are :1- Physical stress - such as subtle repetitive movements, poor posture, falls and accidents :2- Mental and emotional stress - such as work and home pressure's, upsets, arguments, and personal trauma.3- Chemical stress - such as toxins, enviromental pollution, drugs and alcohol.

Chiropractors take a 'holistic' approach to your health and wellbeing. This means that they consider your symptoms in the context of your full medical history, your lifestyle and your personal circumstances. Chiropractors can provide a 'package' of care that is based on the best available evidence. As well as physical manipulation, the full package of care includes advice about exercise. Chiropractors will aim to: reassure you; ease your distress by controlling your pain; help you get you back to your normal activities.