

THE TRUTH ABOUT CHIROPRACTORS by James Denito D.C.

There is a little known fact in the health care field that has been kept a secret by the medical brethren. Chiropractic gets sick people well! Sure Chiropractor's are great to go to for that spinal pain, but once the spinal nerve interference (subluxation) has been eliminated, the part of the body that has been deprived now functions at peak potential. The nerves carry the basic spark of life, the Life Force you might say. This electrical energy is also the stuff Acupuncture deals with, although from a slightly different approach. The basic functions of the cell are regulated by the electrical balance within and around it. This is really what Chiropractic is all about.

When a patient goes to a Chiropractor, the usual entrance complaint is musculo-skeletal pain. On the other hand the patient may seek out the chiropractor for any number of health complaints. The first thing we establish with the patient is the fact that chiropractors do not treat disease. We seek out the nerve interference points in the body from a structural viewpoint, and correct them with a form of adjustment, also referred to as spinal manipulation. The chiropractor may choose to deal with related health care fields such as nutrition, to help the body return to its structural alignment more efficiently. With or without other supportive therapies, the basic adjustment usually requires several follow-up treatments to overcome the inherent soft tissue resistances that have developed over the person's life span.

It is during the initial first few weeks of care that many patients start to notice other changes in their bodies besides the reduction of their initial pain. A lower back case might remark that constipation has disappeared, while an upper neck case may notice improvement in vision. The stories are endless, and very unpredictable. Many times the changes are due to other variables; such as diet and life style changes the patient undergoes complimenting the chiropractic care. However, the basic fact remains that people almost always show some improvement in some aspect of their health, even if it's not for the original reason the sought chiropractic care. This aspect of chiropractic is one of the main reasons the profession has flourished so well since its inception in 1895. Today Chiropractic is the second largest healing arts profession in America. Chiropractors pride themselves on being such a safe alternative to those seeking relief from a physical ailment, in spite of many rumors to the contrary. The facts speak for themselves in drastically lower malpractice rates for Chiropractors compared to MD or DO physicians. If you are suffering, and wish to avoid the use of dangerous drugs or risky surgeries, for goodness sake, try a Chiropractor!

Of further interest to the general public is the educational background of the chiropractor. Presently all chiropractors graduate from a Chiropractic college, which is a four-year program (usually over 4600 hours). However, they must also have completed a two-year under graduate college program in basic sciences, making the total education 6 years. Many Doctors of Chiropractic (D. C.) have more schooling than this minimum. Many hours of education are spent learning similar courses as medical students, since the chiropractor needs to be able to recognize diseases that may need referral to some other specialist, such as an M.D.

Why not explore other forms of health care before committing yourself to the limited choice offered by "modern" medicine? Chiropractic is a good place to start.