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## National Chiropractic Health Month

The benefits of chiropractic care go beyond the initial relief after a quick adjustment. Chiropractic care is holistic in nature, meaning you will get treatment and advice for your body as a whole, not just for an isolated problem. Even if you believe you'll experience benefits of chiropractic care, you may be unsure of what to expect. Chiropractic focuses on aligning the skeletal system properly so that the muscles, nerves, tendons, ligaments and organ systems affected by skeletal alignment can function properly.

**Natural way to reduce stress** Chiropractic treatments can help to improve nervous system functioning which in turn helps minimize the effects of stress. When someone is suffering from poor nerve function, stress buildup can be significant enough to trigger migraines, headaches, joint pain and extreme anxiety.

**Improves posture** A better posture encourages better breathing patterns which helps keep the energy flowing throughout the body. Better posture also minimizes the risk of upper and lower back pain, joint problems and fatigue. Together, these effects can improve quality of life.

**Increased joint flexibility and mobility** Regular chiropractic treatments can improve range of motion and thereby encourage physical activity. This reduces the chances that someone will maintain a sedentary lifestyle, and regular exercise or physical activity can improve quality of life overall.

**Promotes natural healing** One of the most significant outcomes of chiropractic treatment is that the body can begin to restore itself naturally. An impaired nervous system often leads to injury and damage to the tissues and joints. Any type of spinal misalignment can contribute to the deterioration of the body, so chiropractic adjustments can reduce this risk and promote the natural healing process. This means that a patient may not need to resort to prescription drugs and medication just to feel better, thereby improving their quality of life.

**Reduces blood pressure** Improved nervous system functioning can improve blood and energy flow throughout the body, which in turn can reduce blood pressure. High

blood pressure can contribute to a number of health problems and diseases, and may be difficult to control as the patient ages. Regular chiropractic treatments can reduce blood pressure naturally, which means the patient may not need to resort to medication in order to improve their health.

### **Chiropractic to the rescue**

When combined with a healthy eating program and regular exercise, chiropractic therapy offers a number of immediate and long-term health benefits. From reducing stress to promoting the body's natural healing process, maintaining a schedule of chiropractic treatments may help improve overall health and improve quality of life.



"The nervous system holds the key to the body's incredible potential to heal itself."

## Researchers Investigate Exercise to Help Soldiers Prevent Back Pain

Bringing further attention to the toll that back pain can take on our nation's Armed Forces, a [recent article](#) in the *St. Petersburg Times*, examined research currently being conducted at the University of South Florida (USF) to see if exercise can prevent back injury—and subsequent pain—among members of the military. The article states that "after retirement, back pain is a top reason that soldiers leave service."

A 2010 report from the Veterans Health Administration found that more than half of all veterans returning from the Middle East and Southwest Asia who have sought Department of Veterans Affairs (VA) health care were treated for symptoms associated with musculoskeletal ailments, such as back pain – the top complaint of those tracked for the report. The research being conducted at USF is an example of the many efforts going on across the country in search of more-conservative, natural treatment options for soldiers in need. ACA is actively working with legislators on Capitol Hill to improve access to chiropractic care for veterans and active-duty military. You can learn more about these efforts in ACA's online [Chiropractic Legislative Action Center](#).

Greene Chiropractic is a member of the American Chiropractic Association. You can get more information about the ACA by going to the Links tab on our website.

