



## CHIROPRACTIC BENEFITS BEYOND PAIN RELIEF



### How Chiropractic Adjustments Work:

**Restoring Alignment:** Chiropractors use precise adjustments to address spinal misalignments, restoring proper alignment and relieving restricted movement.

**Reducing Muscle Tension:** Alleviate muscle tension, promoting relaxation and enhancing joint motion.

**Enhancing Nervous System Function:** Optimizes nervous system function, positively impacting joint mobility.



### Chiropractic Care Improves:

Strength	Overall Health
Circulation	Stress
Mobility	Sleep
Well-being	Happiness
Immune System	Concentration

**“Chiropractic care encompasses a range of therapeutic interventions that go beyond symptom management”.**

### Chiropractic Care Decreases:

Illness	Depression
Bloating	Prescription Drug Use
Disease	Anxiety
Fatigue	Bad Posture
Injuries	Inflammation



### Holistic Well-Being through Spinal Alignment

Rooted in the belief that proper alignment of the spine contributes to overall health, chiropractors address misalignments and restore joint function. While commonly sought for pain relief, chiropractic care encompasses a range of therapeutic interventions that go beyond symptom management. We focus on the interconnectedness of the musculoskeletal and nervous systems, optimizing their function for the holistic well-being.



As chiropractic adjustments restore alignment, reduce muscle tension, and enhance nervous system function, the benefits extend beyond the targeted areas.

**Read on for what we consider the top 5 benefits of getting adjusted beyond pain relief.**

1

**Improved Nerve Function:** Chiropractic's main focus is to help the nervous system work better by removing interference caused by subluxated (misaligned) vertebra. Shifted vertebra can crush and irritate the spinal nerves, causing organ dysfunction and even lead to disease down the road.

2

**Preventing Spinal Degeneration:** Spinal arthritis and degenerative disc disease are becoming more and more of a problem as Americans are taking on more of a sedentary lifestyle. By getting adjusted regularly, you are preventing spinal arthritis and disc disease by breaking up any joint restrictions.

3

**Decreased Stress Hormones:** You may have heard of chiropractic being a great stress reliever for many people. This has a lot to do with spinal adjustments reducing stress hormones like cortisol, epinephrine and norepinephrine.

4

**Improved Flexibility:** An often forgotten benefit of getting adjusted is improved flexibility and mobility. This can correlate to less injuries during exercise, sports or any other physical activity. This can also correlate to better performance in those same activities.

5

**Boosted Immune Function:** A boosted immune system is one of the major benefits of getting adjusted on a regular basis. Many people get adjusted every week for this reason alone. The main white blood cell found to be increased was the neutrophil, which is an important cell for fighting off new pathogens that are introduced to the body.

Chiropractic care offers far-reaching benefits that extend beyond the relief of pain. By understanding the importance of spinal alignment and the interconnectedness of the musculoskeletal and nervous systems, we are promoting holistic wellness and healing our bodies together!

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