

## Choosing a Chiropractor

It's amazing that in these days when so many healthcare options are readily available, some people still view chiropractic care as a 'newfangled' or 'radical' alternative. The truth is, chiropractic medicine can be traced back to the days of Hypocrites. In 1895, chiropractic medicine became a registered form of care. There is nothing new about this proven form of health care.

Like all medical practitioners, chiropractors must receive university degrees in order to practice. Chiropractic care is based on the understanding that the biomechanical makeup and structure of the spine can directly affect the nervous system. With this theory in mind, it makes sense that adjusting the spinal structure can help to alleviate or erase a variety of discomforts, including back pain. Bad backs can be brought about by a variety of causes, and choosing a chiropractor can help treat or alleviate the situation. Chiropractic care is a natural form of medicine that can reduce or eliminate the need for over the counter or prescription painkillers.

When choosing a chiropractor, you will initially be offered treatment without the use of drugs or surgery. However, should the treatment not bring about the desired results, a chiropractor may refer you to another practitioner. This is a natural method of medicine, so it's important to be sure there aren't underlying factors that can be contributing to your pains. For example, a kidney infection can cause lower back pain. In this particular case, choosing a chiropractor would not bring about pain relief or cure the cause of the pain.

If your pain is caused by an accident, choosing a chiropractor can offer the relief that you need. Spinal injuries due to accidents can bring about a chain reaction through your entire body, because the spine is directly connected to a network of joints and muscles. Like the old children's song, "the back bone's connected to the arm bone" and so forth. Every part of your body is connected to another part, and a qualified chiropractor will be able to get everything back in its proper place. Chiropractors work to maintain the correct spinal position, thus relieving body pain.

It's interesting to note that some body aches and pains can be relieved by chiropractic care, even if they're not directly related to the skeletal system. For example, there are meridians connected to the spine that can affect areas such as your gastrointestinal tract. This is why people suffering backaches will often feel stomach pains. Unattended injuries can bring about a 'pain chain', and choosing a chiropractor can provide the relief you need. If the internal pain is not alleviated with chiropractic care, there is likely an underlying medical problem that needs to be addressed by a medical doctor.

Natural doctors can't help with every problem, or offer the medications and surgical procedures that other health practitioners can deliver. However, not every ailment requires drugs or surgery. On the contrary, many common problems can be fixed with natural alternatives, including acupuncture, herbal remedies, simple dietary adjustments, and chiropractic care. Choosing a chiropractor can help you pinpoint and solve the problem, reducing the risk of having the problem resurface down the road.