

Chiropractic Explained



Chiropractic is a healthcare profession that focuses on the health of your spine. Why the spine you ask? Let us take a short lesson in neuroanatomy.

At the beginning of life (each of us) while we were still just an embryo (smaller than a fetus) and only one week new, the first organized structure in our development to take shape is the “Primitive Streak” that becomes the central nervous system (brain and spinal cord) and the bony spinal column.

Why is this important to know? Because nerves had to form first in order to control the normal development of the fetus all the way to the lashes and fingernails are completed... then you are born. So your nervous system that controls every function of your body today did not start operating at birth, but from the beginning of your very existence.

Have people survived heart attacks and gone on to live normal lives? Can someone die from one reason or another and be revived yet still go on able to live a near normal life?

Yes, of course! But has anyone with a damaged brain ever survived? No, because nerve damage is permanent.

The skull and spinal column protect the central nervous system by encasing it in solid bone. Now that’s protection!

If the spine was made like a stick it would do a better job of protecting the branches of nerves that come out from the spinal cord, but we would not be able to bend. So we could not play sports or do housework, turn our heads and enjoy a flexible body.

To give the body flexibility the spine was divided into 24 movable bones that stack on top of each other.

That’s great but when some of these bones (vertebra) misalign we have nerve problems like pain, numbness, organ malfunctions and a list of some 200 symptoms.

Now you know why chiropractors focus on the health of the spine. Have you had your spine checked?

Do you have any pains or other signals, like poor posture, that your spine needs to be checked?

