



Mabuhay
Chiropractic Clinics
Manila, Philippines

How Chiropractic Works

Chiropractic views healthcare as two complementary tasks, like a two-sided coin:

1. Fixing the pain (the underlying causes of pain)
2. Preventing disease, disability and avert surgeries

This dual focus is based on one single concept of healthcare in meeting the public's expectations but at two very different points of interest in their life. One requires treatment while the other emphasizes prevention over intervention.

If you are a health conscious person or, on the other hand if are the kind of person who always waits until the pain is disabling, in either case you will be attracted to the

effective solutions offered by chiropractic's unique philosophy of healthcare; one that helps to treat the underling cause(s) of the problems commonly afflicting people (see last week's issue) without the use of drugs or surgery.

So the question remains... "How does chiropractic work?"

First, we know that the focus is on the nerves and the spine so a spinal evaluation, usually with x-rays, will determine where the spinal misalignments are located.

Second, the treatment consists of gentle specific manual manipulation of the spine to correct the misalignments.

Third, some home care is advised such as the use of a brace, or of applying ice (or heat on occasion) exercises, stretches, for example.

Fourth, those people that are health conscious will return periodically to recheck their spines and apply the chiropractor's advise on healthy lifestyle changes in diet and nutrition, physical activity, rest, home, sports and work habits, stress management, etc.

Closing thoughts...

If you have teeth it would be wise to get them checked every now and then.

Likewise, everyone that has a spine should at least have it checked once. That's just common sense! After all **you can live without teeth but you can't live without your spine.**