

Chiropractic: A Natural Way to Heal Your Body



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Submission: December 06, 2023; **Published:** January 03, 2024

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Keywords: Chiropractors; Subluxations; Inflammation; Immune System; Optimal Wellness

Opinion

Chiropractic is a form of health care that focuses on the relationship between the structure and function of your body, especially your spine. Chiropractors use hands-on techniques to adjust your joints and spine, aiming to restore normal movement and alignment. By doing so, they help your body heal itself naturally, without drugs or surgery. Chiropractic is based on the principle that your nervous system controls and coordinates all the functions of your body. Your nervous system consists of your brain, spinal cord, and nerves that branch out to every organ and tissue. When your spine is misaligned or injured, it can interfere with the proper functioning of your nervous system, leading to pain, inflammation, and other health problems. Chiropractors can detect and correct these spinal misalignments, called subluxations, using specific methods called chiropractic adjustments. These are gentle and controlled movements that apply a precise amount of force to a joint or vertebra. The goal is to restore normal motion and position, relieve pressure on the nerves, and improve communication between the brain and the body. Chiropractic care can benefit people of all ages and backgrounds, from infants to seniors, from athletes to office workers. It can help with a variety of conditions, such as:

- i. Back pain
- ii. Neck pain
- iii. Headaches
- iv. Sciatica
- v. Arthritis
- vi. Scoliosis
- vii. Sports injuries

- viii. Carpal tunnel syndrome
- ix. Whiplash
- x. Fibromyalgia
- xi. Asthma
- xii. Allergies
- xiii. Digestive disorders
- xiv. Menstrual cramps
- xv. And more

Chiropractic care is not only effective for pain relief, but also for enhancing your overall health and wellness. By improving your spinal health, you can boost your immune system, increase your energy levels, reduce stress, improve your posture, and prevent future injuries. Chiropractic care is also safe and natural. It does not involve any invasive procedures or harmful side effects. In fact, research has shown that chiropractic care can reduce the need for opioid painkillers, which can be addictive and dangerous. Chiropractic care is also regulated and licensed by state boards, and chiropractors undergo rigorous education and training before they can practice. If you are interested in trying chiropractic care, you should look for a qualified and experienced chiropractor who can provide you with a thorough evaluation and a personalized treatment plan. You can ask for referrals from your friends, family, or doctor, or you can search online for reviews and ratings. You should also check the credentials and reputation of the chiropractor you choose. Chiropractic care is a natural way to heal your body from within. By aligning your spine and nervous system, you can enhance your health and quality of life. Chiropractic care is more than just a treatment for pain; it is a lifestyle choice that can help you achieve optimal wellness.



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DOI: [10.19080/OROAJ.2024.22.556095](https://doi.org/10.19080/OROAJ.2024.22.556095)

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