

5 THINGS YOU NEED TO KNOW BEFORE VISITING A CHIROPRACTOR

Brought to you by the team at **Brisbane Natural Health**.

1

Chiropractors help with more than just back pain

When we ask our patients what they know, or have heard about chiropractors, often the first thing they say is, 'they help with back pain'.

While chiropractic is a very effective, clinically proven option for treating lower back pain, chiropractors can work on any joint in the body. For example, our therapists commonly help patients with neck, knee, hip and shoulder pain. It's about aligning the whole body back to where it's meant to be to alleviate pain and discomfort.

Patients have also found chiropractic helpful for other issues such as breathing and sleeping. Breathing seems to improve from increasing mobility to the thoracic (middle) spine and rib cage, and by reducing body discomfort and nervous system stress, your sleep can improve.



2

Chiropractors don't 'crack' your bones

If you've never been to a chiropractor before, you may have heard of a 'cracking' or 'popping' of bones. The truth is actually much less scary and far more interesting.

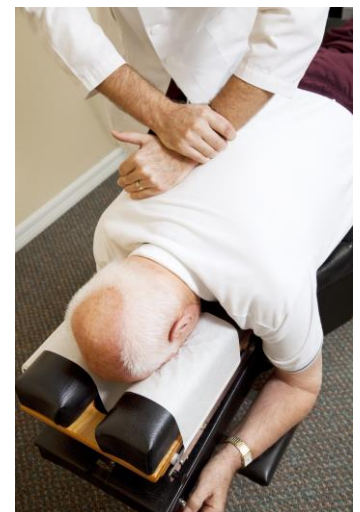
Chiropractors will often move the spine to increase movement in a joint and create a neurological stimulation; this is called an adjustment. The sound that is often heard with an adjustment is called a *cavitation*. This is the formation of tiny bubbles of carbon dioxide in the fluid between your joints and the 'cracking' sound is from these little bubbles popping. Think about the bubbles you see when opening a can of soft drink; it is similar to that.

3

Chiropractic is safe and natural

Everyone at a point in his or her life will experience some sort of physical pain. It's inevitable. A lot of people will resort to painkillers without a second thought. While they're sometimes effective at reducing the symptoms, they don't address the cause of why you have this pain and can come with unwanted side effects.

Chiropractic has a fantastic safety record and is aimed at identifying the root of the problem and working to resolve the underlying issues. Although chiropractors may recommend natural supplements to help aid the healing process, their primary goal is to correct the underlying cause using natural and gentle techniques that work with your own body's ability to heal.



4

Chiropractors are trained as primary health practitioners

Chiropractors train for five years so that they can diagnose patients in the clinic and develop an individual care plan to suit each person. That means you don't need a referral to see a chiropractor; you can come directly. Chiropractors can also send you for imaging, such as x-rays, or refer you to another health professional if it is recognised that they would be more suited to help your specific complaint.



5

Chiropractic encourages a healthy lifestyle

Getting rid of pain or health problems is the goal of most people, however the long-term goal of our chiropractors is to try and prevent re-injury and improve overall body health. Chiropractors focus on maintaining spinal movement, increasing neurological stimulation and self-awareness of your spine, but also help by suggesting small lifestyle changes. Things such as exercises and stretches to strengthen your back and loosen up tight muscles, simple improvements to your workstation, or advice on diet and supplements to support your body, can all make a big difference. It's about making small, manageable changes that you can build on to improve your health over time.

About Us

At Brisbane Natural Health we are passionate about providing real health solutions for clients. We specialize in uncovering and treating the cause of pain and discomfort, rather than providing a Band-Aid approach. It's all about giving you the knowledge and resources you need to get well and live your life the way that you want to.

Why choose Brisbane Natural Health?

- We have helped over 4000 people feel good again
- Our practitioners have over 100 years combined experience
- We are health fund accredited
- After hours and Saturday appointments are available for your convenience

FACT: All new chiropractic patients will also receive a free 30-minute massage, to help to assess you holistically. Call us on 07 3367 0337 to find out more.

Are you ready to target the real cause of your pain or discomfort, so you can get back to living?

Call us now on 07 3367 0337 and book your chiropractic appointment with one of our experts and start feeling good again.

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