

**How does Chiropractic Work?
What are the Benefits?**

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What is Chiropractic?

Chiropractic is a natural healing art, founded in 1895 and dedicated to locating and correcting “vertebral subluxation”. Vertebral subluxation is a stress overload that is characterized by joint misalignment, muscle imbalance, nerve irritation, altered movement, and possible degeneration.

How Does it Work?

In order for your body to function optimally, your brain needs to “communicate” with your body parts thousands of times per second. This communication takes place through the nervous system. The communication relies on the master coordinator (your brain) and body, so that every cell, organ, and muscle does what it’s supposed to do to adapt to a constantly changing environment. Any break (interference) in the nerve communication can have a negative influence upon your health.

Think of watering the lawn and a kink develops in the hose; the water can’t flow to where it’s needed. It’s the same principle with your body – if a “kink” develops in any part of the communication channel, discomfort and pain may result.

What Are the Benefits?

Chiropractic can benefit you in several ways:

- ❖ Increase energy
- ❖ Tension headache relief
- ❖ Low Back Pain relief
- ❖ Neck Pain relief
- ❖ Sports Injuries – get back to your game!

Learn more about Dr. Michael Gottfried, and his preferred treatment method, the Activator Method (gentle) Technique at:

<http://www.drmgottfried.com/chiropractic/>