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What is an adjustment?

A lot of folks don't have a very good idea about what a chiropractic adjustment is. The most common response I get when I ask, "what is a chiropractic adjustment?" is that it is a bone in your spine that is "out of place" that puts the pressure on a nerve. Then they usually say "and it hurts!" My response to that is that they are right - sort of!

When we hear about people going to a chiropractor it is usually because they perceive they have a problem for example back pain, neck pain, headaches, and that this problem is getting to the point where they can't handle it on their own. We are taught at a young age, when we have a problem, we need to go and find a solution. When the car breaks down, find a good mechanic. When the roof leaks, find a good roofer. When the toilet isn't working, find a good plumber.

The problem-solution equation works well (most of the time) when it comes to mechanical problems. Does it work when it comes to a living thing? Does the human body resemble a car in any way, shape or form?

The human body is a virtual chemical factory. The adrenal gland makes adrenalin and cortisone. Adrenalin gives you your energy. The thyroid gland makes thyroxine, which controls your metabolism. You make chemicals to digest and get the best nutrition from the food we eat. Dopamine gives you your coordination, and on and on.

What does this have to do with a chiropractic adjustment? Well the glands and organs, which make all these chemicals in your body, have to be under the control of the brain and spinal cord. The brain is like a master computer system that runs everything. Now the next step is that the brain and spinal cord are protected by bone. The spinal column is composed of bones (vertebra) that enclose and protect the delicate nervous system.

To take this a step further, you can now begin to see that when the bones are out of their normal position (to protect the nerves and the communication system) that whole chemical factory is now a chemical blender. The delicate balance of all the chemicals is now a mess.

What is an adjustment then? An adjustment is a restorer of chemical balance in your body. The adjustment has the potential to bring everything back into harmony, and you thought it was a reliever of back pain! So an adjustment does sometimes move the bone off the nerves so it doesn't hurt your back anymore, but it is so much more than that!

Use this newsletter as a coupon and for \$40.00 you can get a consultation, examination, x-rays (if needed), and a report of findings, to see if you might benefit from chiropractic care.

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