

Learn More About:

Chiropractic Care

Chiropractic Care is an alternative medicine system aimed at diagnosing, curing and preventing injuries and problems of the musculoskeletal system. The human spine is the main concern in chiropractic and the treatment involves making manipulations to the spine for curing various conditions such as backache, neck ache, sports injuries, headaches, etc. These manipulations are also known as chiropractic adjustments. These adjustments are done by hands which is what the word chiropractic actually means. Chiropractic health care options are intended for everyone to benefit from, but many of people do not take full advantage of them. Chiropractic care offers many benefits and knowing them can help an individual to fully understand the many ways that this chiropractic medicine system can help improving his/her life. Chiropractic is a health care discipline that focuses on the relationship between the body's structure, primarily the spine and its functioning. Moreover, chiropractic care treatments are often covered by medical insurance which provides even more help for those that are out there suffering without need to.

Chiropractic Corrective Treatments

An alternative medical system, Chiropractic takes a different approach than standard medicine in treating and preventing mechanical disorders of the musculoskeletal system, especially the spine. The concepts of chiropractic are: - Human body has a powerful self-healing ability, body's function and its structure (mainly the spine) are related, and the goal of chiropractic therapy is to normalize this relationship. The treatment includes manual therapy like spinal manipulation, handling soft tissues and other joints and also involves exercises and health and lifestyle counseling. The chiropractic profession although being primarily based on the use of the spinal adjustment, uses many other techniques for treating the spine, as well as other joints and tissues. A modern chiropractor specializes in spinal adjustments and uses a wide range of methods aiming to address an array of neuromusculoskeletal and general health issues.

Asthma

Even in children or those who have had asthma since they were children, there have been studies that show that chiropractic treatments can help reduce the severity of the asthma. Based on the symptoms

of asthma, there is a firm belief that the nervous system has a role in asthma attacks. As such, chiropractic treatments look for ways to reduce any pressure on the nervous system that may be affecting the lungs. One such example is a misalignment of the spine. If the spine is misaligned, this in turn can affect the nerves of the lungs. If these nerves are not functioning properly, then it is likely that the lungs won't function properly either. By realigning the spine, the pressure on the nerves will be reduced, meaning the lungs can function better. Chiropractic treatments have been used both to prevent asthma and during asthma attacks. Some people have found that if they have a chiropractic treatment while suffering an asthma attack, the treatment stops the attack and they are able to breathe normally without having to use any medication. There are many people who suffer from asthma and have found that with regular chiropractic treatments, their symptoms are either reduced or completely eliminated.

Auto Accident Injuries

The violent jerk that a seemingly minor auto accident causes is often the cause of spinal compression and muscular-skeletal pains. If left ignored, these pains can resurface in the future. Often, many patients complaining of spinal or limb pain face such agony due to old auto accidents. Widely accepted, Chiropractics often incorporate a lot of other methods into the core doctrines of Chiropractics to cure. Dietetics, lifestyle changes, and various other parts of health care are incorporated into Chiropractics. Auto accidents that tend to cause incurable and nagging pains are also easily cured by Chiropractics.

Carpal Tunnel Syndrome

Chiropractic is a non invasive treatment for Carpal Tunnel Syndrome compared to other treatment like surgeries or other medication. Studies have shown that chiropractic treatment is really effective in repetitive stress injuries like migraine, low back pain, and most especially in carpal tunnel syndrome. Manipulation of the wrist, arm, and upper spine, ultrasound therapy, wrist supports. These are just some treatments that Chiropractics use for Carpal Tunnel Syndrome.

Chronic Fatigue Syndrome

Chronic Fatigue Syndrome is categorized as an unexplained weakness, fatigue, muscle pain, lethargy, trouble sleeping, and even fever and swollen lymph nodes. There is no known cause for the fatigue that is present in an individual that has no relation to over-exertion and is not rectified by rest. The U.S. Centers for Disease Control and Prevention (CDC) states that, in order to be diagnosed with CFS,

a person has to be suffering from: new, unexplained, persistent or relapsing chronic fatigue that is not a consequence of exertion, not resolved by bed rest. More and more people who suffer from chronic fatigue syndrome are turning to alternative types of therapy. Some of the simplest remedies to try are herbal supplements.

Chronic Pain

Pain becomes chronic when it continues after the healing time of the injury. This pain can hang on for months or even years and often causes depression in its sufferers. Chronic pain can also occur as the result of an ongoing condition, like fibromyalgia, arthritis, or cancer. Back injuries, carpal tunnel syndrome, and migraine headaches are some other examples of conditions that cause chronic pain. Some pain can result from injury to the nerves causing them send false signals to the brain. Today we have a greater understanding of the pathophysiology of pain resulting in better approaches to pain assessment, and advanced interventional strategies for managing patients suffering from chronic pain. Help with chronic pain needs a multidisciplinary approach because pain is a complex phenomenon involving a blend of both the psychological and physiological aspects of a person.

Infant Colic

Chiropractors believe that when your baby is being born the vertebrae in the spine can be stretched and become misaligned. This is especially true when the mother experiences a hard labor where a vacuum or forceps have to be used in order to assist with birth. If the misalignments are severe, it can cause various aspects of the body to be affected, including digestion. Many parents are reluctant to take their infant to a chiropractic doctor simply because of the stereotype of popping and cracking noises of the spine. However, for babies, chiropractors gently apply pressure to the neck and the back, which realigns the baby's spine. Remember, infants bones are very soft, so there is no cracking sounds heard and it is an all-natural way in which to treat colic. As the spine of the infant is gently positioned correctly, digestion can improve dramatically and as it does, colicky episodes lessen or become a thing of the past.

Ear Infections

Ear infections are one of the health problems that can be addressed by chiropractic care. Otitis Media, for example, a common ear infection in children can be treated by chiropractors who specializes in the field of pediatrics. The misalignment of the top two vertebrae of the spine is often the root cause. This

condition of the spine of children and babies may have occurred since birth. The doctor can detect this condition on anyone, and the remedy is very simple and painless.

Degenerative Disease

A degenerative disease, also called neurodegenerative disease, is a disease in which the function or structure of the affected tissues or organs will progressively deteriorate over time, whether due to normal bodily wear or lifestyle choices such as exercise or eating habits. Degenerative diseases are often contrasted with infectious diseases. Examples include Lou Gehrig's Disease, Alzheimer's disease, Parkinson's Disease, Cancer, Diabetes, Heart Disease, Inflammatory Bowel Disease (IBD), Osteoarthritis, Osteoporosis, Rheumatoid Arthritis, and Huntington's Disease. Balanced nutrition, physical activity and a healthy lifestyle give us a better chance of avoiding degenerative diseases.

Fibromyalgia

The defining symptoms of fibromyalgia are chronic, widespread pain, fatigue, and heightened pain in response to tactile pressure (allodynia). Other symptoms may include tingling of the skin, prolonged muscle spasms, weakness in the limbs, nerve pain, muscle twitching, palpitations, functional bowel disturbances, and chronic sleep disturbances. Many patients experience cognitive dysfunction (known as "brain fog" or "fibrofog"), which may be characterized by impaired concentration, problems with short and long-term memory, short-term memory consolidation, impaired speed of performance, inability to multi-task, cognitive overload, and diminished attention span. Fibromyalgia is often associated with anxiety, and depressive symptoms. Holistic treatment takes in to consideration all aspects of this condition and comes out with specific treatment for each problem.

Frozen Shoulder

Frozen shoulder, also known as adhesive capsulitis, can be a frustrating situation in which movements of the shoulder joints are restricted after a certain age or other severe conditions, with a very slow recovery process. Frozen shoulder occurs when the shoulder capsule and connective tissue surrounding the shoulder joint becomes inflamed and stiff, grows together with abnormal bands of tissues called adhesions, and greatly restrict motion, causing chronic pain. The chiropractor will perform a range of medical tests which include orthopedic and neurological tests before commencing a course of treatment. If the patient has had the problem for some time, the treatment will involve perhaps twice weekly visits over several weeks. The treatment will possibly involve gentle manipulation and soft tissue therapy, accompanied by a series of simple exercise that the patient can

do at home. It can be very satisfying for the patient to be able to resume full time work and to be able to live a full and painfree life when these problems has been alleviated.

Headaches and Migraines

Headache happens in nearly 90% of adult population and is described as painfulness in the neck and head area. It is actually a far popular symptom and lots of men and women acquire head ache for the smallest reasons aside from a head injury. In Sydney alone, there are more than 2.5 million individuals who have problems with moderate to serious head aches. A chiropractor skilfully adjusts the spine to repair any nerve irritation that may be causing headache to a individual. Numerous individuals report that right after numerous sessions with a chiropractor, much enhancement occurs in their body and head aches are considerably reduced. Chiropractic remedies are different for every individual suffering from head aches. Remedies and plans are cautiously designed to fit the way of life of a individual to allow their body to increase the effects of chiropractic care.

Hormonal Conditions

Hormones are the chemical messengers in the body that travel the bloodstream to the organs and tissues. They slowly work and affect many of the body's processes over time. Endocrine glands, which are special groups of cells, make hormones. There are many endocrine glands in the body with the main ones being the pituitary gland, thyroid, thymus, adrenal glands, and the pancreas. Hormones are dominant and it only requires a small amount of them to cause significant changes throughout the body. Both men and women produce hormones in the same areas with one exception, the sexual organs. Additional male hormones are produced in the testes while women's are produced in the ovaries. If hormone imbalance is left untreated it can result in serious medical conditions like diabetes. If the imbalance is taking place in the pituitary glands, growth disorders are possible and will require treatment of a growth hormone. It is possible that the imbalance could also cause an overproduction of growth hormones and cause medical conditions such as gigantism and acromegaly. There are approximately 6,000 endocrine disorders that result because of hormone imbalance. An imbalance of hormones is experienced at different times during life. As the body changes from childhood to adulthood, puberty is experienced by both male and females. Women will then again experience a change later in life after their childbearing years have been passed. Hormonal imbalance is defined as chemical messengers which regulate our body's systems and that are no longer functioning properly.

Lower Back Pain

Nearly 90% of the population at one time or another suffers from lower back pain. It is one of the most common reasons for people miss work. The cause of back pain is often undetectable. When a cause is known however, it is most often in relation to having pinched nerves, injury to the muscle, injury to the nerves of the spine, slipped or ruptured discs or arthritis. A well educated and practiced chiropractor is able to easily determine the root cause of the pain. After determining the cause they are able to make spinal adjustments to alleviate pain and discomfort.

Massage Therapy

Chiropractic means "to do with hands". Chiropractic basically comprises art, science and philosophy of machinery between the spinal chord and nervous system. As we all know that the nervous system rules the whole running of bodily functions, chiropractic massage therapy helps deeply in rejuvenating the running of nervous system in order to promote support complete body fitness. Chiropractic massage therapy is the best and natural way to endow with affirmative and healthy results to our body. It is a non-surgical and non-persistent way to help and improve the natural curing power of our body. Chiropractic massage therapy helps human beings who wish to live better class lifestyle and who very well understand the importance of fine health. People who care for their well being and want to follow a pain and disease free life choose chiropractic massage therapy.

Myofascial Pain

Myofascial pain syndrome (MPS), also known as chronic myofascial pain (CMP), is a syndrome characterized by chronic pain caused by multiple trigger points and fascial constrictions. Among the symptoms are referred pain, limited range of motion, and sleep disturbance. Myofascial pain can occur in distinct, isolated areas of the body, and because any muscle or fascia may be affected, this may cause a variety of localized symptoms. More generally speaking, the muscular pain is steady, aching, and deep. Depending on the case and location the intensity can range from mild discomfort to excruciating and "lightning-like". Knots may be visible or felt beneath the skin. The pain does not resolve on its own, even after typical first-aid self-care such as ice, heat, and rest. Although many of the available treatments and methods of pain relief for fibromyalgia and myofascial pain syndrome are rarely prescribed, the armoury of treatments which ought to be at the disposal of sufferers is actually fairly extensive. Not only does it include a range of different herbal remedies and other natural treatments which many patients have found to be highly effective in alleviating certain of their symptoms, but also a variety of dietary and hormonal supplements and natural compounds can be highly effective.

Neuropathy

Neuropathy is the term for damage to nerves of the peripheral nervous system, which may be caused either by diseases of or trauma to the nerve or the side-effects of systemic illness. Neuropathy may be associated with varying combinations of weakness, autonomic changes, and sensory changes. Symptoms depend on the type of nerves affected (motor, sensory, or autonomic) and where the nerves are located in the body. One or more types of nerves may be affected. Common symptoms associated with damage to the motor nerve are muscle weakness, cramps, and spasms. Loss of balance and coordination may also occur. Damage to the sensory nerve can produce tingling, numbness, and pain. Pain associated with this nerve is described in various ways such as the following: sensation of wearing an invisible "glove" or "sock", burning, freezing, or electric-like, extreme sensitivity to touch. Some of the natural remedies for peripheral neuropathy treatment include that of homeopathic medicines, combinations of natural resources such as aconite, belladonna, Fer Phos and acupuncture techniques to alleviate pain in individuals who seek treatment for neuropathic pain.

Nutritional Counseling

Weight loss is perhaps the most sought after treatments today, with increasing number of people suffering from excess weight due to wrong eating, lack of exercise and hectic lifestyles. Many companies are providing various kinds of diet programs that guarantee weight loss but most do not produce any results while many cause harmful side effects that lead to myriad problems later in life. While choosing a diet program or a weight loss regime, it is important to understand the exact nature of our body and accordingly choose one. This is the basic quotient of chiropractic weight loss method that is now prevalent in many parts of the world. Chiropractors use your body history and strengths to help you lose weight effectively and maintain that weight loss over a period of time.

Osteoarthritis

Arthritis compromises musculoskeletal system, causing pain and limited joint movement. Osteoarthritis, the most common form of arthritis, is caused by age and a lifetime of wear and tear. It is usually slowly progressive, but still can cause physical deformity. Often, arthritis will affect parts of the body other than joints. Talk to your doctor if you're experiencing fever, gland swelling, weight loss and fatigue or general feelings of illness. Arthritis is a potentially debilitating disease, but there are ways to cope outside of modern medicine. Eating right, herbal supplements and exercise can all help minimize the pain.

Pinched Nerve

Pinched nerves can be caused by a single traumatic event, repetitive activities (wear and tear) or poor postural habits. Carpal tunnel syndrome and sciatica are conditions involving pinched nerves. Common direct causes of pinched nerves are inflammation (overuse, tissue damage, systemic disease), herniated disc, stenosis and muscular entrapment (tight or damaged muscle places pressure on nerve). Your chiropractor will then formulate an individualized course of treatment that may include spinal manipulation, manual traction to free the obstructed nerve, therapeutic stretching, and focused strengthening and stabilization exercises. Supportive modalities such as electric muscle stimulation, cold laser therapy and/or ice therapy may be added to maximize healing.

Plantar Fasciitis

Plantar fasciitis is an inflammation of the plantar fascia (the ligament under your foot) from overuse, improper footwear, and/or being overweight. The fascia becomes inflamed due to micro fibers of the ligament tearing overtime. These tears create scar tissue which prevents the fibers from properly expanding and contracting adding to the pain. Chiropractors are extremely successful and have long lasting results treating Plantar Fasciitis. Chiropractors treat the problem with techniques such as Active Release Technique (ART) where they free up the ligament fibers from their adhesions. Also, the Graston technique which help free the ligaments from its adhesions and speed up the healing process. Along with these techniques, chiropractors concentrate on other muscles affected by the injury such as the calf, hamstrings, and anterior tibialis. This is the proper way to go about dealing with this problem and have long term effects naturally.

Pregnancy Related Symptoms

A pregnant woman is likely to face many side effects during her pregnancy. Some of these side effects are also the early signs of pregnancy or pregnancy symptoms. Most of the pregnancy symptoms or pregnancy complications are during the early stages of pregnancy because of hormonal changes and nesting instinct. Pregnancy Side Effects can include Morning Sickness, Braxton-Hicks Contractions, Insomnia, Swollen Ankles, Acid Reflux, Mood Swings, Lack of Concentration, and more. Holistic pregnancy symptom remedies have been regarded in recent years as highly successful and more importantly they do not require you to pollute your body with various drugs

Raynaud's Disease

Raynaud's disease is a circulatory condition that affects blood supply to the skin and peripheries and causes the extremities of the body to lose feeling and become numb. This reduced peripheral blood flow is a normal protective mechanism to prevent excessive heat loss from these areas and preserve the body's core temperature. Similarly, in times of stress the body goes into a "flight or fight" response which causes the blood flow to the fingers and toes to be significantly reduced so that blood is conserved for the vital organs and muscles. In people with Raynaud's syndrome these responses are exaggerated causing troublesome symptoms at inappropriate times. The reduced blood flow leaves the extremities looking pale or even blue and cold as no warm blood reaches these areas.

Sciatica

Sciatica is normally categorized by pain originating in the lower back or hip and further getting into either one or both the legs. Sciatic pain is defined as achy and dull, somewhat like electric shocks. Often, patients suffering from sciatica experience tingling or burning sensations. This type of pain can be further irritated by certain positions, like sitting or standing. Spinal manipulation is the most popular and safe treatment for patients suffering from sciatic pain. The treatment frees the spine's limited movement and plays a significant role in restoring vertebral bodies that are misaligned to their right position. Reducing nerve irritability, the adjustments tend to reduce muscle spasm, inflammation, etc without causing any pain.

Scoliosis

Scoliosis is a condition in which the sufferers spine curves in an unnatural manner usually either forming into an S shape. People with this condition can suffer with pain and discomfort and their lives become a little less normal as they often can't comfortably participate in sports and many other activities. Catching the scoliosis early in childhood can result in treatments that can stabilize the spine preventing further curvature from taking place. The less the spine curves the better chances a person with scoliosis has of being able to enjoy all the activities of other people. Since chiropractors work with the spine and spinal adjustments they are quick to note any curvatures in the spine even slight ones often before other professionals or a persons family MD notices anything amiss. This can lead to the earliest detection of this condition which means that procedures to stabilize the spine can be undertaken at an early stage allowing those people with this condition to enjoy a better quality of life.

How can Chiropractic help with Shoulder Pain

Painful shoulder problems are one of the most common reasons for chiropractic visits for musculoskeletal symptoms. The shoulder has the most movement of the major joints in the body. On the flipside, because of this large range of motion, it is relatively unstable and easily subject to injury. The head of the humerus (ball) is larger than the socket of the shoulder joint that holds it. To stabilise the shoulder joint, the muscles, tendons and ligaments anchor the bones of the joint together. Overuse injuries, degenerative changes and lack of use or movement can all contribute to tissue breakdown, loss of function and disruption to the supporting musculature. Chiropractic care is most often an integrated treatment plan that looks beyond just the pain to find the root cause. Lifestyle is very often examined and a treatment plan very often consists of spinal manipulations along with other healthy lifestyle changes. Manipulations can help to relieve pressure that is causing the pain. When the chiropractor performs a spinal manipulation they reposition the vertebrae, restore alignment and additionally improve mobility. Prior to the adjustment your treatment may also include electrical stimulation, heat, traction and more.

Sinus Conditions

Millions of people are afflicted with sinus problems. Information about sinus functions and various related issues can help you to determine the right kind of treatment. The bones and the skull have gaps filled with air that are known as para nasal sinuses. These gaps are situated on the either side and at the back of the nose. Sometimes, various kinds of pathogens like fungi and bacteria and even allergies can cause sinus to become inflamed. This inflammation is known as sinusitis. Over the last few decades, the increasing pollution and chemicals in the atmosphere has caused chronic sinusitis in more than 20% of the population. There are numerous natural remedies that are found to be extremely effective in relieving sinus symptoms. These natural remedies can be done at your home and you don't need any helping hand to make this treatment successful.

Slipped Disc

The human backbone is created up of the vertebrae (the bones producing up the backbone), having cartilage discs between them. The discs have a circle of connective tissue with a central gel-like core, which makes the spine adaptable and at the same time functions as a defensive buffer. A slipped disc is an extremely distressing healthcare issue in which the soft part of the disc extends by means of the circle of connective tissue. This prolapse may push on the nerve roots or on the spinal cord. Chiropractic therapy can be applied to remedy this pain. The chiropractic doctor will at 1st get complete data about the sickness, its heritage alongside with a comprehensive healthcare examination like physical exams, orthopedic and neurological exams before deciding on the remedy. Chiropractic treatment is a non-surgical choice utilised in remedy of disc injuries.

Spinal and Posture Screenings

With the rising costs of health care and insurance, it only makes sense to try to keep your body in optimal health. Unfortunately, despite your best intentions, some very serious health issues can arise. Scarily, many of these can slowly damage your body. Luckily, though, preventive spine and posture screenings can offer a quick overview of your risk of or serious back problems and spinal abnormalities.

Sport Injuries

Each year millions of individuals compete in sporting events across the country. Sports injuries can be avoided to some extent, however there is always the chance an injury will be sustained as a result of an accident. While prevention is key to limit damage, the proper treatment for a sports injury is also important in the recovery process. For some injuries, chiropractic treatments can help speed the recovery process while offering comfort and reducing pain for the individual receiving treatment. Chiropractic treatments can play a role in getting an active person back on their feet again and enjoying the activities they love the most. Chiropractic treatment is beneficial for athletes competing at all levels. More and more professional athletes are turning to chiropractic care to treat sports injuries and alleviate the pain associated with these injuries. The treatments have been found to not only be effective but also in helping an athlete recognize maximum recovery and performance abilities. Chiropractic adjustments used in conjunction with physical therapy can treat injuries affecting muscles, tendons and ligaments. An experienced and well trained chiropractor can not only provide the physical relief sought but also provide helpful information to improve stretching and exercise strategies that will aid in the recovery and prevent future injuries from occurring.

Temporomandibular Joint Disorder (TMJ)

TMJ, or temporomandibular joints, are the joints of the jaw, connecting the mandible, or lower jaw bone, to the skull. They are essential joints: we use them for common activities like speaking and eating. Because of their frequent use, when these joints are afflicted by a disorder, the outcome can be debilitating. This is due, in part, because TMJ disorders can be medically elusive, with complexities that are not quite completely understood. Yet, TMJ disorders are more bothersome because of the fact that the disorders attack joints that people can't stay off of and let heal; they attack joints people can't help but rely on. Most people who suffer from pain and discomfort resort to the over the counter remedies for TMJ. These would include pain relievers such as ibuprofen, naproxen, acetaminophen or

other NSAIDs (Nonsteroidal anti inflammatory drugs). Muscle relaxants are also able to help relieve the pain and discomfort. There are some cases wherein antidepressants are prescribed; particularly for those who suffer from this condition as a result of stress or other psychological factors. Most experts advise their patients to learn the more holistic approach to health and wellness. This will help minimize the risk of medication overuse and at the same time promote the natural treatment.

Tendonitis / Bursitis

Tendinitis can occur in almost any part of the body where a tendon connects a bone to a muscle. Tendinitis is an inflammation or irritation of a tendon, a thick cord that attaches bone to muscle. Most often caused by repetitive impact on an affected area, the injury can sometimes result from sudden, more serious impact or activities. Tendinitis or tendonitis, as some people refer to it, can be extremely painful and frustratingly slow to heal but there are simple treatment options available that work well. There are also steps that people can take to avoid this injury in the first place. Usually, this painful swelling of the tendons would naturally heal if the activity that provokes it is reduced or stopped. There are many types of treatments that can help speed up the healing process.

Upper Back and Neck Pain

Although upper back pain is not as common as lower back pain but it still affects many people. Let's first discuss what the upper back is made of. The upper back is composed of the thoracic spine. The thoracic spine consists of 12 vertebrae. These vertebrae are connected with 9 of the 12 rib bones. The breast bone is perpendicular to the thoracic spine. Rib bones are also connected to the breast bone. The thoracic cage consists of the breastbone, ribs and the thoracic spine. Thoracic means "chest" All of the upper organs are protected by the chest cage. The two major causes of neck and upper back pain or thoracic spine pain are myofascial pain and joint dysfunction. Myofascial pain is a muscular irritation. This results from muscle strains, from sports and other activities, over and under use of the muscle, sudden movements like being thrown forward in a car accident. This primarily affects the large muscles that support the shoulder blades. Joint Dysfunction is the malfunctioning of the pair of joints that connect each rib with the thoracic spine. The ribs are connected to the spine on either side by joints. Any kind of injury to one or even both joints can result in a loss of function and lots of pain.

Urinary Incontinence

Urinary incontinence (UI) is the loss of urine control, or the inability to hold your urine until you can reach a restroom. More than 13 million men and women in the United States experience incontinence.

UI can strike at any age. Women over age 50 are the most likely to develop UI. Urinary incontinence may be a temporary condition, resulting from an underlying medical condition. It can range from the discomfort of slight losses of urine to severe, frequent wetting. A holistic approach to almost any condition is always preferable to drug therapy or surgery. With incontinence there are several things you can do ranging from changes in lifestyle, to exercise, to changes in diet that can assist in ending the condition and the embarrassment and inconvenience that goes with it.

Weight Loss

Holistic weight loss primarily focuses on healing the body and mind, rather than on the weight loss process. The different methods that are used in holistic weight loss have been proven to be effective, as they work together, and can help the individual to lose excess weight and keep it off in the long run. The methods include a healthy diet, plenty of fluids, cleansing, meditation and exercise.

Balancing the mind is another effective strategy in holistic weight loss. This basically is done through meditation, hypnosis and other relaxation techniques. Whatever method is chosen, it can help to erase negative thoughts, bad eating habits and other destructive habits that can interfere with weight loss.

Whiplash

Whiplash is an injury of the neck that is the result of a rapid forward and/or backward motion of the neck during an accident or trauma. This can cause damage to the joints and ligaments of the spinal region in the neck. Even the intervertebral discs can be damaged. This causes tissue swelling and inflammation and can also cause microscopic hemorrhage in those tissues. The response of the nervous system to trauma, and the injury to deeper tissue of the spine can result in restriction or fixation of the spinal joints. Because of this trauma, one can experience many symptoms such as: - Neck pain - Neck muscle soreness/spasm - Headaches - Decreased range-of-motion in the neck - Shoulder pain/muscle soreness - Dizziness - Blurred vision - Numbness/tingling in arms and hands. Chiropractic care is a treatment that has gotten extremely positive results in patients with whiplash. A chiropractic approach focuses on a complete picture of the mechanism of this injury. The chiropractic therapy is focused to first mobilize the restricted spinal joints and then initiating spinal adjustments. The chiropractic treatment includes non-force and flexion-distraction techniques. Basically, the spinal joints are the main portion of the spine that is given attention when treating a whiplash.