

How does chiropractic work?

Chiropractic works by restoring your body's inborn ability to be healthy. When under the proper control of your nervous system, all the cells, tissues, and organs of your body are designed to resist disease and ill health.

The chiropractic approach to better health is to locate and remove interference (**subluxation**) from your nervous system. With improved spinal function, there is improved nervous system function. The goal of the chiropractor is to remove interference that may be impairing normal health through specific chiropractic adjustments, allowing your body to heal itself.

A healthy spine and a healthy lifestyle are your keys to optimal health!

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