

Is a good work-out the same as getting adjusted?

No. Exercise is an important part of good health, yet without normal spinal function a physical workout merely puts additional wear and tear on improperly functioning spinal joints. A good comparison is driving your car aggressively on poorly aligned tires. You have to do much more corrective work to keep it moving straight ahead, and the tires and other drive train components will wear out more unevenly and quickly.

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