

About Chiropractic

What is Chiropractic?

There's nothing mysterious about chiropractic. It's a natural method of health care that focuses on treating the causes of problems, rather than just treating the symptoms. Chiropractic is based on a simple but powerful premise. With a normally functioning spine and healthy nervous system, your body is better able to heal itself. That's because your spine is the lifeline of your nervous system. It controls feeling, movement, and all function through your body.

Chiropractic is often mistakenly thought of as just a treatment for back pain, neck pain or other types of pain. While it is true Chiropractors do see individuals suffering with such conditions, it is important to realize that Chiropractic has far more to offer than pain relief. "Chiropractic is a health care discipline which emphasizes the inherent recuperative power of the body to heal itself without the use of drugs and surgery. The practice of Chiropractic focuses on the relationship between structure (spine) and function (nervous system) and how that relationship affects the preservation and restoration of health."—The Association of Chiropractic Colleges To understand what Chiropractic is, it is important to understand the principles Chiropractic is based on:

- The body is a self-healing and self-regulating organism. It is designed to heal itself. Outside influences cannot heal the body; only the body can heal the body.
- The mechanism of healing is controlled by your body's complex communication system called the nervous system. If the nervous system remains free from interference, allowing it to communicate with every cell, tissue, and organ of the body, we experience optimal health.
- If something interferes with the nervous system, such as the Vertebral Subluxation, our ability to heal ourselves is interrupted.
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The mission of Chiropractic is to remove the interference to the nervous system and restore health.

If you still have unanswered questions about Chiropractic, Dr. Ryan, or our office, please let us know how we may be of further assistance to you!