

## Kelowna Chiropractors

Kelowna Chiropractors - When going to the office of a chiropractor for the first time, you have to know what to expect and what expectations are sensible. Newcomers to chiropractic care need an explanation of chiropractic and why it is suggested. Your satisfaction with the care you get would be enhanced by a basic understanding of chiropractic care.

Do not ditch your doctor in favour of chiropractic care, chiropractors do not and are not intended to replace physicians. The objective of conventional medicine is to treat sicknesses. Chiropractic promotes wellbeing and health. The objective of chiropractic treatment is to improve your overall state of health.

The whole of chiropractic treatment is based upon the premise that the misalignment of the spinal column, called subluxations, are caused by stresses like for example trauma. These traumas can be work place accidents to car crashes or even the gradual degradation because of poor posture. Child birth traumas could also cause subluxations. There are many emotional stresses that can affect the body's ability to adapt to a stressful situation. Environmental toxins and inadequate nutrition place stress on the body's systems on a daily basis. Even illicit or prescription drugs can stress the body.

Chiropractors first detect the subluxations that are causing interference, next perform corrections so as to help bring back the normal functioning of the nervous system. The corrections aid the body to adapt and heal. The maintenance and treatment of the nervous system and spine is the primary reason of chiropractic care. If you understand the reason of chiropractic treatment, you would benefit from the experience much more.