

## Chiropractor Kelowna Downtown

Chiropractor Kelowna Downtown - Health challenges caused by the misalignment of the spinal column can be identified and corrected with chiropractic treatment. Misalignments disrupt the neurological communications between the brain and the rest of tissues, organs and cells of the body. Chiropractors lightly adjust the location of the spinal column so as to restore neurological communications and correct misalignments. Chiropractic care decrease or eliminate neuropathy (changes in the pathology of the nerves), enabling the body to regulate itself, adapt, and heal.

Stress could overwhelm the body's resilience and coping ability. Spinal misalignments are normally caused by pressure. The word "chiropractic" means "performed by hand." Chiropractic, as a practice of healthcare, is actually "a treatment that is manually performed by hand."

The role of chiropractic care is to focus on the problems of the vertebrae and the central nervous system. The practice of chiropractic concentrates on the relationship between structure (of the vertebrae) and function (as coordinated by the nervous system) and how that particular connection affects the restoration and preservation of health. A healthy structure (spine) leverages the recuperative power of the body to heal itself efficiently and effectively.

The spine houses the central nervous system, the master controller of all body functions. The central nervous system communicates with the body in a way that enables alteration to external and internal influences. This ability to adapt is very important to the body's tendency to maintain its health and sustain life.

Nearly each and every process that the body utilizes to be able to sustain itself is dependent on the functioning of this communication network between the body and the brain. For example, the ability to respond to infection and the ability to digest our dinner is dependent on this very important communications link.

Luckily, the body has a built-in system of protection for the central nervous system. The brain is protected by the skull, and 24 vertebrae protect the spinal cord. These movable parts not only protect the central nervous system, they likewise provide the axis for the body's whole musculo-skeletal system. A unique set of nerves pass through each and every vertebra through holes called foramen to the other systems of the body. This incredible built-in protection for the spinal cord is subject to misalignment. Stresses can cause the spinal vertebrae to reposition themselves in such a way as to cause back and neck pain.

Chiropractors understand that for the health of the nervous system, proper positioning of the spine is essential. Pressures on the brain stem or root nerves which travel through the foramen, could affect millions of nerve fibers. Interfering with these nerve fibers could adversely have an effect on your health. Therefore, the care and maintenance of the vertebrae and nervous system is necessary.

Whatever physical trauma such as falls and accidents can lead to stress to the spine. Additionally, posture, workplace stresses, and even birth traumas can impact the spines correct functioning. An important emotional event, such as a move or the loss of a loved one, can also impact the nervous system. Chemical trauma is caused by improper nutrition, environmental pollution or abuse of pharmaceutical or illicit drugs. Whatever of these stressors can suppress normal functioning, impact the body's natural ability to heal and interfere with the central nervous system.