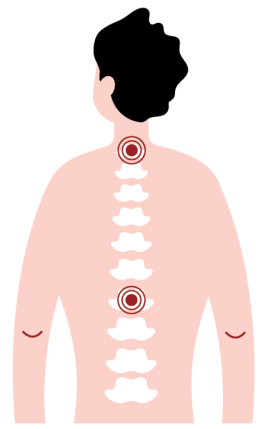


TEN MYTHS ABOUT CHIROPRACTIC CARE



CHIROPRACTORS AREN'T "REAL" DOCTORS

Chiropractic students receive 4,485 hours of college classroom instruction vs. 4,248 hours for other medical students. Although they do not receive an MD and are not medical doctors, they do earn a Doctor of Chiropractic (DC) degree.

CHIROPRACTIC CARE IS ONLY FOR BACK AND NECK PAIN

Chiropractic helps people with a variety of health care problems and conditions beyond the back. Many people don't realize that chiropractors help other areas of the body, too. Shoulders, elbows, wrists, knees, and ankles are just a few of the other areas. Chiropractic care not only helps people get out of pain, but it helps the stay out of pain.

CHIROPRACTIC CARE IS EXPENSIVE

When compared to most visits to the doctor's office, chiropractic care is actually less expensive. Considering long-term treatment plans that can involve medication, surgery, or intensive physical therapy, chiropractic care can often provide a less expensive, natural, healthy alternative.

IT'S ONLY FOR ADULTS

Many children, including infants and toddlers, can benefit greatly from chiropractic care. Some studies reveal an 80-90% reduction in colic with 1 treatment. It is a safe and effective form of treatment for the thousands of bumps and bruises that children sustain just being kids.

THERE NO SCIENTIFIC PROOF THAT IT WORKS

Studies in the past five years have shown the positive benefits on increasing immune function, general wellbeing in the elderly and increased brain function.

MYTHS



ONCE YOU GO TO A CHIROPRACTOR, YOU WILL HAVE TO KEEP GOING FOREVER

Not true. In fact, many patients with an acute issue come in for a few visits and obtain the relief they needed. Others find that ongoing care increases their vitality and well-being and choose to continue chiropractic adjustments. Your care is up to you.



CHIROPRACTIC ADJUSTMENTS ARE DANGEROUS

When it comes to your back or neck, chiropractic care is far safer than surgery or pain killers. Many doctors recommend seeing a chiropractor before deciding on an extensive surgical procedure.



GETTING AN ADJUSTMENT HURTS

Many people experience great relief after receiving an adjustment. A chiropractor understands the skeletal and muscular system in a way that allows them to find the source of problems and make adjustments to correct and alleviate a pain center.



MODERN CHIROPRACTIC IS JUST A HEALTH TREND

If chiropractic is a health trend, it is the country's longest trend since it has been around over 100 years. Chiropractic is the largest drug-free form of health care and the third largest form of ANY health care in North America.



IT CAN'T HELP ME WITH MY HEALTH PROBLEMS

Remember that the nervous system controls every cell, tissue and organ in the human body, and vertebral subluxation interferes with normal nerve function. An alteration in nerve function leads to an alteration in tissue function. As such, the key to optimum health is maintaining normal nerve function. If you want to understand chiropractic, come in for a free consultation with Dr. Hirst. Find out if we can help you with your health problems.

