

## Chiropractic Side Effects

Many “health” care products today come with side effects. Side effects are the effects of something that were not intended to happen, but did anyway. Usually these side effects are undesirable and that is why they are often listed as warnings. What about chiropractic? Are there side effects to this type of care?

The purpose of chiropractic is to locate misalignments in the spine that are causing damage to the nervous system and gently correct them. These spinal misalignments are called “subluxations”. Even a slight misalignment in your spine can decrease communication between the brain and the rest of the body. If some part of the body is not getting all the information that it needs, how well is it going to function and how healthy can we be? Once these subluxations are corrected, then the body can function and adapt like it is supposed to. God made our bodies to heal and function and correcting nerve interference allows that to happen more freely.

So how does having a healthy nervous system affect a person’s life? How different would one’s life be if their immune system was stronger? If they could sleep better, or have more energy? What if having a healthy nervous system allows a person to live 5 years longer? Our bodies are better off with a healthy nervous system than a subluxated, unhealthy one.

So if the main focus and intended effect of chiropractic care is to open communication between the brain and the body so we can be healthier, then what are the side effects? Pain relief is often a side effect that people are most fond of. Pain may be the main effect the person was looking for, but chiropractic offers so much more than that. As doctors of chiropractic, we can never promise anyone what will happen with their bodies once the nerve flow is free. Each person is very different with how they respond and how the body needs to heal. This is one of the most exciting things about chiropractic. We never know how a person is going to express their new found health! We need to remember that the body was made to work and we need to trust that it will - even if it takes time. We just need to know how to take care of ourselves.

The nervous system is the most important system in our bodies. It controls everything else that is vital in the body. Unfortunately, it is also the system that most people take care of the least. Even if a person does go to a chiropractor, they are usually looking for back pain or headache relief which is a great side effect, but they miss out on the main point of a healthy nervous system. A healthy nervous system will change the way a person thinks, acts, behaves in relationships, deals with illness and lives life. Make an appointment with your family chiropractor to begin caring for your nervous system today. Make an appointment for your children, too. Imagine how different your health would be today if your parents would have given you a healthy nervous system as a child. For more information go to [www.VibrantSpine.com](http://www.VibrantSpine.com) or [www.ICPA4kids.org](http://www.ICPA4kids.org).

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