

Chiropractically Speaking...

Bad night, Bad Morning

How you sleep may well determine how you get up. People who wake up stiff and sore often have slept badly, troubled by tense muscles and/or a too-soft bed that gives inadequate support.

About the bed, the doctor of chiropractic can offer good advice and perhaps a "prescription" for a new mattress and pillows or supportive cushions. For the back, though, the chiropractor is specially trained to provide very effective help.

First comes a careful diagnostic examination to locate areas of spinal subluxation, including X-ray where appropriate. The chiropractor may perform adjustments or manual traction to restore spinal integrity and eliminate any nerve irritation caused by out-of-place vertebrae. This enables normal nerve energy flow through the body, bringing vital messages from the brain to all parts of the body. Freed of interference, the body can heal itself without the use of dangerous drugs.