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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Why You Should Choose A Chiropractor For Back Pain Relief**

**By Patrick Porter**

When you are in pain, finding relief is the most pressing thought in your mind. Masking the pain with painkillers or dangerous surgery often leads to unfavorable results, and risks your future chances for living a pain-free life. That's why finding a caring, professional chiropractor should be your first choice.

A qualified chiropractor can quickly provide you with a diagnosis and treatment plan, or can point you in the direction of a medical professional who can help you. During your initial consultation, the professional chiropractor will gather your health history. After an initial exam he or she will be able to tell you what chiropractic services can do for you.

As an example, one patient began to have pain in his shoulder related to an old football injury for which he had previously had surgery. He decided to try a chiropractor before taking any radical measures. "My doctor wanted me to have additional surgery to correct the problem. Luckily, I went to a chiropractor first. My once a month visits eliminate my pain almost completely. I am even able to enjoy playing golf with no soreness."

**Why Your Family Doctor Can't Relieve Your Back Pain**

Family physicians are trained to know a little about a lot of things. Your body is an amazing biomechanical machine. Chiropractors specialize in relieving back pain by working with the mechanics of the human machine. Medical doctors are trained to work with the biology. They are adept at prescribing drugs that alter or react with human biology. Unfortunately, these chemical painkillers often come with a price: potential addiction, immune suppression, lethargy, and constipation, to name a few. Not only that, the body continues to be damaged by misalignment of the spine. Doesn't it make good common sense to seek out a back pain specialist when you have back pain? Wouldn't you prefer to try a natural remedy before turning to drugs or putting your body through the trauma of surgery?

Don't worry, your chiropractor will know if he or she can't treat you and will refer you to an appropriate specialist.

**The Benefits of Regular Chiropractic Care**

## Why You Should Choose A Chiropractor For Back Pain Relief

Short-term and regular chiropractic care has a number of benefits including spinal and extremity pain relief. With monthly visits you can increase mobility, experience better range of motion, decrease stiffness in your back and eliminate muscular spasms. Another patient found no solution for her migraine headaches outside of her Chiropractor's care.

Other popular uses for Chiropractor care are arthritic joint pain relief, increased joint health, increased performance and energy, increased sense of wellbeing and relaxation, increased balance and coordination, reduced degeneration and risk of injury, enhanced tissue healing and decreased tissue inflammation.

Dr. Patrick Porter is an award-winning author, and professional speaker. From a PhD in Psychology, and 24 years of operational research in the dynamics of change, to his 18 years of experience as CEO of the world's largest self help network, for more information go to:

<http://www.newreality.com>

### **The Back Chiropractor**

**By John Furnem**

Many of us have back problems, it is a very wide problem for people, ever since we started walking on our two legs and raised our backs a large percent of human have suffered pain in the back from different reasons. The chiropractic was invented to help solve or reduce back pain by training back experts that will offer help and relief to those needing back pain help.

The great advantage that chiropractors have is the fact they focus only on the back, a chiropractor knows almost anything there is to know about the back, the spine, the nervous system structure and the biochemical patterns in the back, and that is the major reason why many people use chiropractors not only for help but also for a diagnosis that will send them the right way if the chiropractor couldn't help.

Another thing that is very appealing is that chiropractors do not use any drugs and they do not perform surgery, they will try and solve the problem in non-intrusive techniques and if they will find that the methods that they applied to you didn't work a good chiropractor will refer you to another one he or she feels are more qualified in your back problems.

Most people are introduced to chiropractors because they have been involved in some kind of accident, mostly a car accident. Almost always a car accident that has hurt the spine may result in pain in the patient muscles and joints that are connected to the spine and place of injury, the joints or muscles become irritated a sort of chain reaction of your body may happen and a chiropractor can solve this by treating the right places along your spine, bring your back into alignment with your body and solve the problem. A good chiropractor will also keep working on your back and maintain that alignment to keep your life quality high.

A back chiropractor can help you when you have been in an automobile accident that caused problems

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with the spine. When the spine is effected, the joints and muscles connected can become irritated, and this can be a chain reaction throughout your body. Every part of your body is connected to another part, so your back chiropractor will be able to get everything back in alignment to stop pain that is felt. The back chiropractor will also work at maintaining the spine in its correct position.

Although chiropractors are completely accepted as health professionals by all medical institutes and doctors it is still a part of what has become to be called natural medicine and usually contacted in cases which already have a problem that can not be helped by the regular medicine. You will find that may doctors will refer you to a chiropractor when they diagnose the problem you have and understand that the regular pain killers and hospital treatment will fail to help, in many cases the hospital will have its own chiropractor staff that can provide help even at the hospital itself.

John Furnem is a dot com veteran, specializing in human resources and work psychology he has written articles about relief and stress management. John currently writes Stress Relief and Chiropractor articles for

<http://chiropractor.zupatips.com/>



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