



Ask Dr. Amy: Can Chiropractic Help Me?

When I meet someone new, this question is almost always asked. My first piece of advice would be to not assume that chiropractors are only “back doctors.” The most recent articles I have written have dealt with headaches, plantar fasciitis and carpal tunnel syndrome. I am always surprised when someone calls and says, “I didn’t know chiropractors could work with feet.” Though some chiropractors choose to only work with the back, most of us have been trained to also correct misalignments in the extremities. I work with feet, ankles, knees, hips, wrists, elbows and shoulders all day everyday. I will continue to remind everyone of the many conditions that chiropractic can help with on a regular basis, such as the following.

Headaches	Carpal Tunnel Syndrome
Neck and back pain	Sciatica
Fibromyalgia	Disc Degeneration
Plantar Fasciitis	Colds and Flu

Okay, that last one probably threw you off a little, but it’s true, chiropractic adjustments can help minimize, eliminate and even prevent colds and flu. If I hadn’t witnessed it many times myself, I might not have believed it either. Always remember, the nervous system controls absolutely everything in the entire body. The nervous system consists of the brain, spinal cord and all the nerves of the body. When something interferes with the nervous system, our immune system drops, and we become more susceptible to the many germs we are bombarded with everyday. The body is forced to fight off these germs at less than 100% capability. Chiropractic adjustments help remove these interferences so that the body can regain functionality and fight at 100% again. Colds cannot only be eliminated more quickly, but they also can be prevented by staying aligned and free from nervous system interference.

We have talked about headaches before, and I shared with you in a previous article my own experience with chiropractic and headaches. A while ago I had a patient come into the office because she read the headache article and thought “I’ve tried everything else, maybe this can help.” She has been experiencing headaches nearly everyday of her life for the past 25 years. They have taken away her quality of life and, according to her husband, turned her into a person he barely recognizes. After finding her spinal misalignments and beginning treatment, it wasn’t long before she started noticing a difference. After her first week of treatment, she went two days without a single headache. That may not sound like much, but for someone who hasn’t gone a day without a headache in 25 years, it was a huge deal. After the second week of treatment, she went 4 days without a headache. After getting adjusted for 1 month, she no longer had to go to the medicine cabinet and was able to function for over a



week without a headache. She now must write down on a calendar when she has a headache, because they are so few that she has more good days than bad. She can do things she has not been able to do in years, because the headaches prevented her from functioning normally. This is just one example of someone who no longer must “live with the pain” and has her life back. Again, I am living proof that chiropractic can eliminate headaches from your life, but don’t take my word for it.... Please contact us at 412-283-1060 or write us at jenningschiropractic1010@gmail.com.