

Chiropractic Writing Samples

4 Top Advantages of Chiropractic Care for Athletes

Chiropractic care has become more widely accepted over the 100-year history. Many athletes, from high school football stars to Olympians, count on chiropractors to help with physical ailments. This form of health care focuses on the nervous system and the musculoskeletal system allowing for plenty of support for all types of injuries and ailments athletes may face.

Athletes gain several advantages from regular chiropractic care before, during and after performing. Chiropractic care has become so common in sports medicine; many trainers recommend it for all their athletes. Here are four of the main advantages gained by athletes using regular chiropractic care.

Helps Undo Punishment on the Body from Sports

When speaking of their personal successes, many athletes believe chiropractic care is a huge part of it. They believe it helps take away some of the punishment inflicted on their bodies from performing. Top athletes, such as Dan O'Brien, Barry Bonds, Lance Armstrong and even Arnold Schwarzenegger believed their ability to perform was partly due to the chiropractor they saw regularly.

Drug-Free Treatment/Non-Invasive

The last thing an athlete wants to do is become hooked on pain medicine or go through an invasive surgery. Surgery could mean the end of the season or even the end of a career for some athletes, such as Prince Fielder (http://www.espn.com/mlb/story/_/id/17267384/prince-fielder-texas-rangers-emotional-doctors-told-play).

However, with chiropractic care, athletes get help with neck and back pain without the need for pain killing drugs or surgery. With the help of specific techniques, such as the Active Release Technique and Graston Technique, chiropractors can help massage and stretch muscles, while releasing tension in specific areas of the body.

New England Patriots quarterback Tom Brady believes chiropractic care helps with performance. He said he feels about three inches taller and everything feels like it's in place after seeing the chiropractor (<https://allamericanhealthcare.net/5-ways-athletes-benefit-from-chiropractic-care/>).

Improved Mobility

Seeing a chiropractor regularly helps to increase mobility, which is a big deal for many athletes. A treatment known as OMT or osteopathic manipulative treatment is used by chiropractors to help improve flexibility and allow for pain-free movement. While football players use this treatment often to help prevent injuries, it can be used to help any type of athlete improve mobility.

Improved Strength and Endurance

Along with increased mobility, athletes using chiropractic therapy often show improved strength and endurance. World-class Olympic athletes have worked with chiropractors for many years to help with range of motion, strength and endurance when training. These athletes even receive chiropractic care at the Olympic Games.

Other ways athletes benefit from chiropractic care include:

- Decreased pain
- Injury prevention
- Injury treatment
- Sports hernia relief
- Better overall body maintenance

All types of athletes use chiropractic care because of the many advantages it provides. From baseball players to college football players and even Olympic athletes depend on the care their chiropractors provide to keep them performing their best.

5 Great Reasons to Eat More Fruits & Vegetables

Fruits and vegetables should play a huge role in any diet. It doesn't matter if you're trying to lose weight or just trying to eat healthy, making sure you get plenty of fruits and vegetables will provide plenty of necessary health benefits. There are several excellent reasons to eat more fruits and vegetables. Here are five of the most important.

Disease Prevention

The old adage, "an apple a day will keep the doctor away," rings pretty true. Many fruits and vegetables help to prevent cardiovascular disease, type 2 diabetes and some forms of cancer.

Fruits and vegetables with a high fiber content help protect you from coronary heart disease. In addition, potassium-rich foods, such as strawberries, bananas and potatoes can help to reduce blood pressure and decrease bone loss. Many fruits and vegetables also provide antioxidants and phytochemicals, which help to ensure healthy cells.

Low in Calories

One of the best reasons to eat more fruits and vegetables is the calorie content. Most are very low in calories. Reaching for an apple or a few grapes instead of a sugary snack is a great way to lose weight and maintain a healthier body. Some vegetables contain so few calories that you may burn more calories during the eating process than the vegetable actually provides.

Filling up on fruits and vegetables may help with weight loss, as well. Making substitutions, such as fresh applesauce for oil in a muffin recipe may not only provide a delicious treat, but a healthier one. You can also add sautéed vegetables to an omelet to fill up at breakfast without adding many calories.

Packed with Nutrients

Vegetables are rich in fiber, potassium, folate, vitamin A and vitamin C. Folate-rich foods, such as tomatoes, bell peppers and spinach are especially important for women of childbearing age. These foods help to prevent certain birth defects in babies.

Eating foods rich in vitamin A, such as carrots and sweet potatoes helps with eye health and skin health. The high content of fiber in vegetables, such as broccoli can also help with digestion.

Fruits are also packed with vitamins, fiber, folate and potassium. High fiber fruits help to protect against heart disease and fruits rich in vitamin C, such as oranges and strawberries help wounds heal and keep teeth healthy.

An Appealing Color and Texture

One of the reasons it's usually a smooth transition to go from junk food to fruits and vegetables is the overall appeal. Fruits and vegetables add color and textures to meals, along with flavor.

Very Convenient

You don't have to cook most fruits and vegetables to enjoy them. Grabbing an apple, grapes or even a few carrots is effortless compared to the time it takes to cook a meal or prepare certain snacks. Even making a salad takes less prep time than most meals.

If you want to add something nutritious and delicious to your diet, add fruits and vegetables. You can fill up without consuming too many calories and your body will thank you for the many needed nutrients.

Chiropractic Care During Pregnancy: A Healthier Option

Chiropractic care comes with many benefits, even during pregnancy. It's a great way to help maintain the health of your spinal column, nerves, discs and bone geometry without the need for drugs or surgery. By adjusting misaligned joints, chiropractic care will help to promote health throughout your entire body.

Is Chiropractic Care Safe During Pregnancy?

Chiropractors are trained to work with pregnant women and chiropractic care is known to be safe for women during pregnancy. In fact, some chiropractors specialize in working with women before, during and after pregnancy.

Top Benefits of Chiropractic Care during Pregnancy

Many women have been taught to believe certain symptoms of pregnancy are simply normal. Morning sickness, back pain, out of control hormones, swollen ankles, nausea and other symptoms are considered normal in today's society. You're told to just deal with it, if you want a baby.

One of the major benefits of chiropractic care during pregnancy is the reduced intensity or even elimination of these symptoms. Since the nervous system controls your body, a chiropractor has the ability to use specific techniques providing a more balanced body, while relieving tension and pressure on nerves and the brain stem. This may result in the following benefits:

- A healthier pregnancy
- Less nausea or no nausea at all
- Quicker labor and delivery
- Less neck, joint and back pain
- Better chance of a natural birth

Even in the event of a breech delivery, chiropractic care may help balance the pelvis providing a better chance of moving the baby into the correct position for delivery. Not only will this be easier on the baby, but it can also eliminate the chance of dystocia making your labor and delivery safer and easier.

What Causes Pregnancy to be Hard on the Mother?

Pregnancy changes a woman's body in many different ways. The changes lead to the symptoms most commonly associated with pregnancy. Some of the changes include:

- Pelvic changes
- Postural adaptation
- Increased back curve
- Protruding abdomen

All of these changes have an effect on the nervous system of the woman's body.

How Chiropractic Care Helps During Pregnancy

During pregnancy, a chiropractor will help you to establish a better pelvic balance and alignment. With better alignment and balance of the pelvis, the baby will have more room to develop, which causes less stress on mom's body. This will also help the baby to get into the correct position for delivery.

Along with better pelvic alignment and balance, a chiropractor will help relieve tension and pressure on the nervous system. As the master communication system of our bodies, the nervous system is a huge part of the reproductive system. By using specific techniques to keep the spine aligned, a chiropractor will help your entire body work and feel better during pregnancy.

The bottom line, chiropractic care during pregnancy may help to reduce the intensity of many common symptoms, such as nausea and back pain. If you're pregnant and searching for a natural way to ensure you remain healthy, happy and prepared for delivery, chiropractic care may be the answer for you.

5 Proven Benefits of Chiropractic Care

Going to a chiropractor may be scary for some. Getting an adjustment may seem a bit unnatural, but it's actually very natural. Instead of treating pain with drugs and surgery (the unnatural options), you can enjoy the benefits of chiropractic care.

In many cases, chiropractors may help you avoid surgery altogether and provide a more natural way of treating pain in the body. Here's a quick look at five of the top benefits and the research to support them.

Relief of Sciatica

Treating sciatica and the symptoms related to it can be rather difficult with just physical therapy. The European Spine Journal published the results of a clinical trial, which proved chiropractic adjustments are successful in treating sciatica. The study showed a 72% success rate compared to just a 20% success rate for those treated with physical therapy and a 50% success rate for those treated with corticosteroid injections.

Headache Pain Relief

Whether you suffer from migraines or tension headaches, chiropractic care may be the answer. More than 230 peer-reviewed articles (<http://www.ncbi.nlm.nih.gov/pubmed/?term=headaches+chiropractic>) have been published referencing how chiropractic treatment can help to cure and prevent headaches and migraines.

One study showed that 22% of those using chiropractic treatments for headaches saw the attacks drop by 90%. The same study showed that 49% of those surveyed said they have a significant reduction in the intensity of the pain.

Lower Blood Pressure

George Bakris published a study in 2007 about how chiropractic care affects blood pressure. He compared it to two different drugs used to lower blood pressure. His study showed those receiving chiropractic care saw a greater reduction in blood pressure compared to those in the placebo and the drug groups.

Other studies have shown similar results. Some have even shown that patients' blood pressure goes back up after they end chiropractic care.

Reduction of Colic Symptoms

A study published in 2012 in the Journal of Manipulative Physiological Therapeutics showed chiropractic care as a way of reducing colic symptoms. While it hasn't been studied by many, the effects of chiropractic care on children suffering from ear infections and colic have been shown to provide a complete or near complete resolution after just a few treatments.

Prevention of Surgery

Chiropractic care is a natural solution used by many to prevent back surgery. The Journal of the American Medical Association published an article with guidelines for low back pain. They suggest that people try chiropractic care and use surgery as a last resort.

Chiropractic care has also been shown to provide benefits with neck pain, frozen shoulder, scoliosis, athletic performance and neurological conditions. It's more than just getting an adjustment for your back or neck. Many of the treatments used by chiropractors help to cure or lessen pain throughout the body.