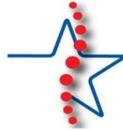


THE STAR



ALL STAR HEALTHCARE
PHYSICAL MEDICINE

210-521-6886



NATIONAL **CHIROPRACTIC** HEALTH MONTH

The Facts About Chiropractic



It is estimated that annually, doctors of chiropractic (DCs) treat more than 35 million Americans (adults and children). DC's are licensed to practice in all 50 states and the District of Columbia—and in many nations around the world—and undergo a rigorous education in health sciences at institutions accredited by the U.S. Department of Education. A growing list of research studies and reviews demonstrate that the services provided by Doctors of Chiropractic are both safe and effective. The evidence strongly supports the natural, whole-body and cost-effective approach of chiropractic services for a variety of conditions. Chiropractors practice a hands-on, drug-free approach to health care that includes patient examination, diagnosis, and treatment. Chiropractors have broad diagnostic skills and are perhaps best known for their expertise in the use of spinal manipulation; however, they are also trained to recommend therapeutic and rehabilitative exercises, and provide nutritional, dietary and lifestyle counseling.

Join us here at Allstar Healthcare in celebrating Chiropractic Health Month. Come in and get started on your path to wellness!

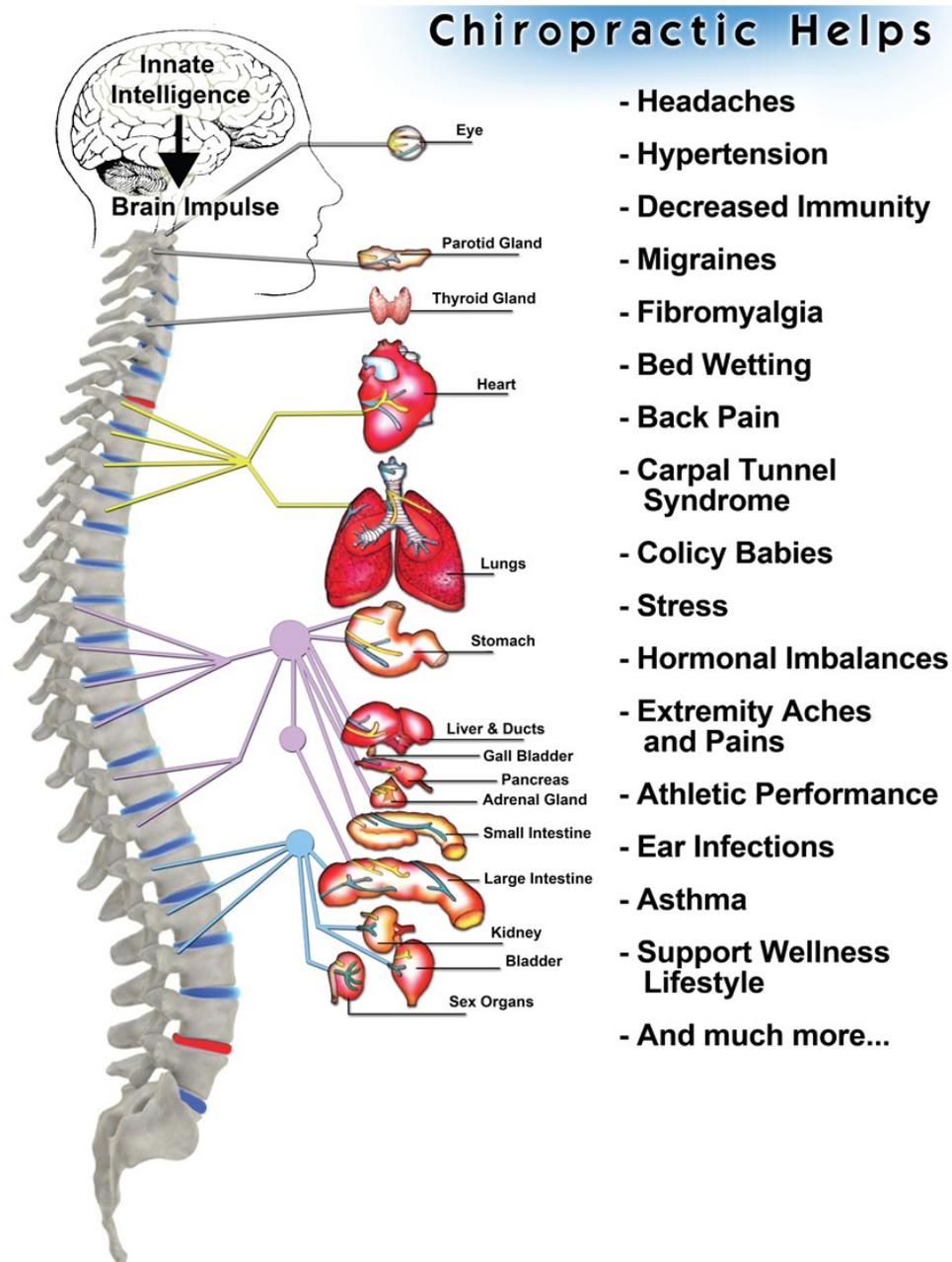
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October 2018

Understanding Chiropractic

Your body is under the control of the brain and nervous system as long as you are alive. Your brain is protected by the skull, and your spinal cord is protected by the spinal column. Spinal bones move out of normal alignment and interrupt your normal nerve flow. This disruption of normal nerve flow is referred to as a vertebral subluxation. It is vital to know that subluxations can be silent; causing problems long before symptoms occur. Chiropractors find subluxations, and by performing a spinal adjustment, facilitate a return of normal nerve supply. Normal nerve supply results in a greater expression of LIFE for you!



Chiropractic: A Safe Treatment Option

Chiropractic is widely recognized as one of the safest drug-free, noninvasive therapies available for the treatment of back pain, neck pain, joint pain of the arms or legs, headaches, and other neuromusculoskeletal complaints. Although chiropractic has an excellent safety record, no health treatment is completely free of potential adverse effects. The risks associated with chiropractic, however, are very small. Many patients feel immediate relief following chiropractic treatment, but some may sometimes experience mild soreness or aching, just as they do after some forms of exercise. Current literature shows that minor discomfort or soreness following spinal manipulation typically fades within 24 hours. ACA believes patients have the right to know about the health risks associated with any type of treatment, including chiropractic. Today, chiropractic researchers are involved in studying the benefits and risks of spinal adjustment in the treatment of neck and back pain through clinical trials, literature reviews and publishing papers reviewing the risks and complications of neck adjustment. All available evidence demonstrates that chiropractic treatment holds an extremely small risk. The chiropractic profession takes this issue very seriously and engages in training and postgraduate education courses to recognize the risk factors in patients, and to continue rendering treatment in the most effective and responsible manner.



"The doctor of the future will give no medicines but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

-Thomas Edison

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Call or come by our office TODAY and talk to Dr. Alex about how Chiropractic treatment can help YOU!



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