

10

Little-Known
**HEALTH &
WELLNESS
BENEFITS**

of

**CHIROPRACTIC
CARE**



Dr. Donald Baune, DC
drdonchiro.com
*Enhance your health
and well-being*



WELCOME

You're about to discover:
10 Little-Known Health & Wellness Benefits of Chiropractic Care.

When you are going to a chiropractor, you're probably looking for back pain relief.

Chiropractic adjustments can help with a range of disorders that cause chronic back pain, but they can also help with a lot more.

Dr. Donald Baune, DC

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Provide Headache Relief



Chiropractic care is a highly effective therapeutic choice for chronic headaches. Migraine headaches and pain from everyday tension can be treated with manual adjustments and other treatments. Chiropractic treatment for chronic pain can help you get rid of the symptoms that have been causing you pain. Chiropractic treatment for chronic back pain can help you relieve your stress.

You can reduce your reliance on pain relievers and remove the downtime associated with chronic tension or migraines by employing chiropractic treatments for your headache discomfort. Chiropractic treatment for chronic pain can be an excellent alternative to traditional medicine.

Taking fewer medications is beneficial to your general health since it relieves stress on your liver and lowers your risk of becoming addicted to prescription pain relievers. If you are suffering from chronic pain, then chiropractic treatment may be the best option for you. This type of treatment is a natural way to relieve pain and improve your quality of life.

Lower Blood Pressure



Chiropractic treatments to correct the cervical, or higher, spine have been demonstrated to reduce blood pressure successfully. The atlas, or top bone of the spine, is the target of treatment. This bone's role is to safeguard the brainstem, which is where the remainder of the body's electrical signals pass, ensuring total health and functionality.

This often has the effect of lowering blood pressure in Chiropractic patient.

The spinal cord is a very important part of the nervous system, and it plays an essential role in maintaining balance and coordination. If you have a chronic pain problem, then your doctor may recommend that you undergo a spinal cord decompression procedure. The surgery will help restore normal circulation and function, but it can also cause problems with the nerves and muscles.

Using Chiropractic treatments, the strain on the brainstem is relieved by modifying the spine, allowing for more efficient blood flow and eliminating interference with the brain's electrical signals, so stabilising various body systems, including blood pressure.



Boost Immunity

Soft tissues, organs, and white blood cells make up your immune system, which works together to combat disease and keep you healthy. This system is closely connected to your spine, and any spinal misalignment can have an impact on how well your immune system works.

The spinal column can be realigned to relieve nerve compression and improve immune system function. This ensures that your body is prepared to battle illnesses such as colds and allergies.

To Boost immunity against a cold or flu, it's important to get regular physical therapy. If you're experiencing symptoms of cold or flu, try taking a warm-up session with a doctor. They'll help you feel better and prevent you from getting sick again. For more information about chiropractic treatment visit drdonchiro.com



Anxiety Relief

Anxiety symptoms might make it harder to enjoy a high quality of life by interfering with your everyday routine. While many people require drugs and psychiatric therapy to manage their anxiety, chiropractic care can also help them feel better.

Chiropractic therapy can increase brain activity and restore your nervous system by using manual manipulations to realign the spine. Adjustments can also improve your blood circulation and offer you more energy, allowing you to deal with your anxiety symptoms more effectively.

The benefits of chiropractic treatment include improved sleep. This is another benefit that you get as you get relieved from anxiety.

Sleep Better

If you're having trouble falling or staying asleep, Chiropractic care can help you get to the root of the problem.

Many people who have trouble sleeping well do so because of chronic discomfort, breathing problems, or anxiety. Manual adjustments to straighten your spine might help you relax and increase your blood circulation. If you can't find a good treatment for insomnia, try chiropractic care. It's not just about getting rid of insomnia. It's also about improving your overall health by treating your body with proper care.

Our chiropractic team can also propose tools to help you improve your body's alignment as you sleep in order to improve your breathing and ensure you get a deeper, more restful night's sleep. The best way to treat insomnia is by using natural treatments that are proven to work.



Enhance Athletic Performance

Chiropractic therapy might assist you if you enjoy sports yet wish to improve your performance naturally.

Many elite athletes turn to chiropractic therapy on a regular basis to stay flexible, relieve muscle pain, and boost their energy levels, so they can play at their best.



Chiropractic realignment enhances blood flow to the brain, lowering the risk of mental and physical stress. The professional chiropractic staff can also assist prevent the likelihood of common sports-related injuries by using procedures to reduce inflammation and enhance joint functionality.

The chiropractic team will help you with your treatment plan and provide you with the tools necessary to achieve your goals as well as the support needed to keep you healthy in the long run.

An Alternative to Surgery

Chiropractic care may be an alternative therapeutic option to surgery if other therapies fail to address chronic back pain or other types of persistent pain.

With regular chiropractic therapy, our team can help you manage chronic pain and improve your functionality, allowing you to postpone or even avoid surgery.

Chiropractic therapy is still a terrific way to relieve back and neck discomfort, but anybody looking to enhance their entire health and well-being may rely on the compassionate staff at South Bay Health and Wellness Center.

We offer a comprehensive range of chiropractic treatments that are proven to reduce pain and improve function by improving circulation, reducing inflammation and restoring mobility. If you have any questions about our services, don't hesitate to get in touch with us directly.



Pregnancy Care

Women's bodies are amazingly flexible, and yet they can experience immense changes during pregnancy. These changes often lead to pain and discomfort, and, for many women, back pain goes hand-in-hand with pregnancy. Chiropractic care can reduce back pain as well as other pregnancy-related discomforts, including morning sickness.

One proven way to help a pregnant woman get a good night's sleep is by using chiropractic treatment. The benefits of chiropractic as a part of pregnancy care plans are many. It helps in improving the quality of life for pregnant women, reducing pain and discomfort, and also helping them to stay healthy.

Having regular adjustments throughout the course of the pregnancy and ensuring that the mother-to-be's hips, spine, and pelvis are in proper alignment can lead to easier labor and delivery. In fact, one of the best ways to ensure that the baby is well-rested and healthy during pregnancy is through regular physical therapy.



This is why you should consider hiring a chiropractor as part of your pregnancy care plan. If you have any questions about how to get started with chiropractic treatment, don't hesitate to get in touch with us for more information.

Increased Flexibility



One noteworthy benefit of regular chiropractic care is the impact it has on one's range of motion. This increased flexibility is a very significant benefit for anyone who has an active lifestyle.

Chiropractic can also help with joint pain, arthritis, and other musculoskeletal conditions. If you have any of these conditions and are experiencing pain in your back or neck, then you should consider chiropractic treatment.

Chiropractic treatment is a great way to relieve pain and improve mobility. It is important that you get chiropractic care from a qualified doctor because it will help reduce the risk of injury.

Your increased flexibility is a major factor in improving your overall health. The more flexible you are, the better your posture and strength.

Better Posture

Bad posture has a host of health complications associated with it. A few examples, of course, would be joint degeneration, poor circulation, spinal dysfunction, and impaired lung function. The best way to prevent these conditions is by using proper posture.

Remember—posture is not just about sitting down straight. It is also about standing up straight.

Poor posture is also a leading cause of slipped or herniated discs. It's important to understand the causes of this condition before you begin treatment. Chiropractic care can help you regain good posture. If you're struggling with back pain, then try chiropractic. It's an effective method for improving your posture and strengthening your spine.

Chiropractic treatment can help correct bad posture, a problem chiropractors see often resulting from jobs that require sitting for long periods of time working at a keyboard. It's also a great way to improve your overall health.



A woman with long brown hair, wearing a denim jacket and jeans, is lying on her side on a black chiropractic table. She is smiling and looking towards the camera. The table is set up on a grassy field with a stone wall in the background.

Safe & Effective Chiropractic

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and Wellness Center**

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