



7 Incredible Benefits of Chiropractic Care



Chiropractic care can be life-changing for many people. Especially, when Chiropractors take a holistic approach to your health like the healthcare professionals at Bluestone Chiropractic. Our professionals truly care about your overall health and teach and train you how to repair and prevent future problems. Below you'll find 7 Incredible Benefits of Chiropractic Care.

Alleviate Pain From Car Accidents!

If you've been in a car accident then you know how much pain they can cause, even if you look fine physically. Many times, this pain can have a huge impact on someone's life, leading to missed time at work or missing out on family events due to reduced mobility and pain. Chiropractic treatment can help to address a patient's individual injuries and reduce pain. They are also able to provide the correct documentation needed if you are part of an accident lawsuit.

Improve Digestion & Stomach Problems!

Need a way to improve your digestion? Consider getting a chiropractic adjustment. This can help digestion because the nerves that go through your spine help to control the functions of your stomach. If your vertebrae are not aligned properly the nerves start sending signals that more acid production is needed. This can result in heartburn, gas, and acid reflux. A chiropractic adjustment will help encourage your nerves to work properly and can end stomach problems.

Increase Your Energy!

Many people suffer from a lack of energy. While coffee can help a bit, getting a chiropractic treatment can help to increase your energy long term. Reducing the tension in your spine frees your nerves to work in a more effective manner. Often people are in pain for such a long time that they start to get used to it and don't realize how much it is affecting the nervous system. This can cause you to feel tired. The pressure that is removed during a chiropractic adjustment allows your body to run like it is supposed to.

Experience a Healthy Pregnancy!

Chiropractic treatment is a fantastic way for women to experience a healthy pregnancy and can potentially make their delivery experience easier. Many of the changes that a woman's body goes through during pregnancy have an impact on how the nervous system works. Weight gain can lead to pressure being put on the spine and the pelvic area loosening to make room for the child during delivery are just two of the many things that happen during those 9 months. Regular chiropractic appointments can benefit the mother by helping her be in less pain, which also ends up helping the baby.

Diagnose Your Pain & Treat it! Say Goodbye to Pills

When you are in pain, what do you do? If you are like most people, you will take a few ibuprofen or acetaminophen and go about your day. This is a problem, though, because it only masks your pain for a few hours. It doesn't help fix the reason you feel pain. Chiropractors find the cause of your pain and treat that, which helps you feel better and not need painkillers. For example, if you have neck pain, a chiropractor knows exactly what to do to make that pain go away. Visiting a chiropractor isn't just for neck and back pain, though. Since your nervous system runs up your spine, having any misalignment can cause you to experience other problems as well, such as digestion and breathing issues. A chiropractor's main goal is to diagnose and treat the cause of your pain, not to just cover up the symptoms.

Breathe Better!

The ability to breathe better is one of the many benefits you will have after receiving chiropractic care. Your lungs rely on nerve function. If there is a misalignment in the mid-cervical and thoracic areas of your spine it affects the signals your brain is sending to your spinal cord. This can lead to developing symptoms of asthma. Correcting these problems often helps to reduce the inflammation in the lungs which will help you to breathe better.

I have been a patient of Dr. Leibmann for over 21 yrs. He and his office staff are an amazing group of people! You automatically feel welcome and definitely know they care about you. Dr. Leibmann takes the time to listen to you, assess what is wrong and does his best to make you feel better.

Suzanne Bonomo



Schedule a free consultation!

The Bluestone Chiropractic Group offers top-notch chiropractic care using modern equipment and technology. Call us today at (480) 966-1818 or use the button below to schedule an appointment!

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