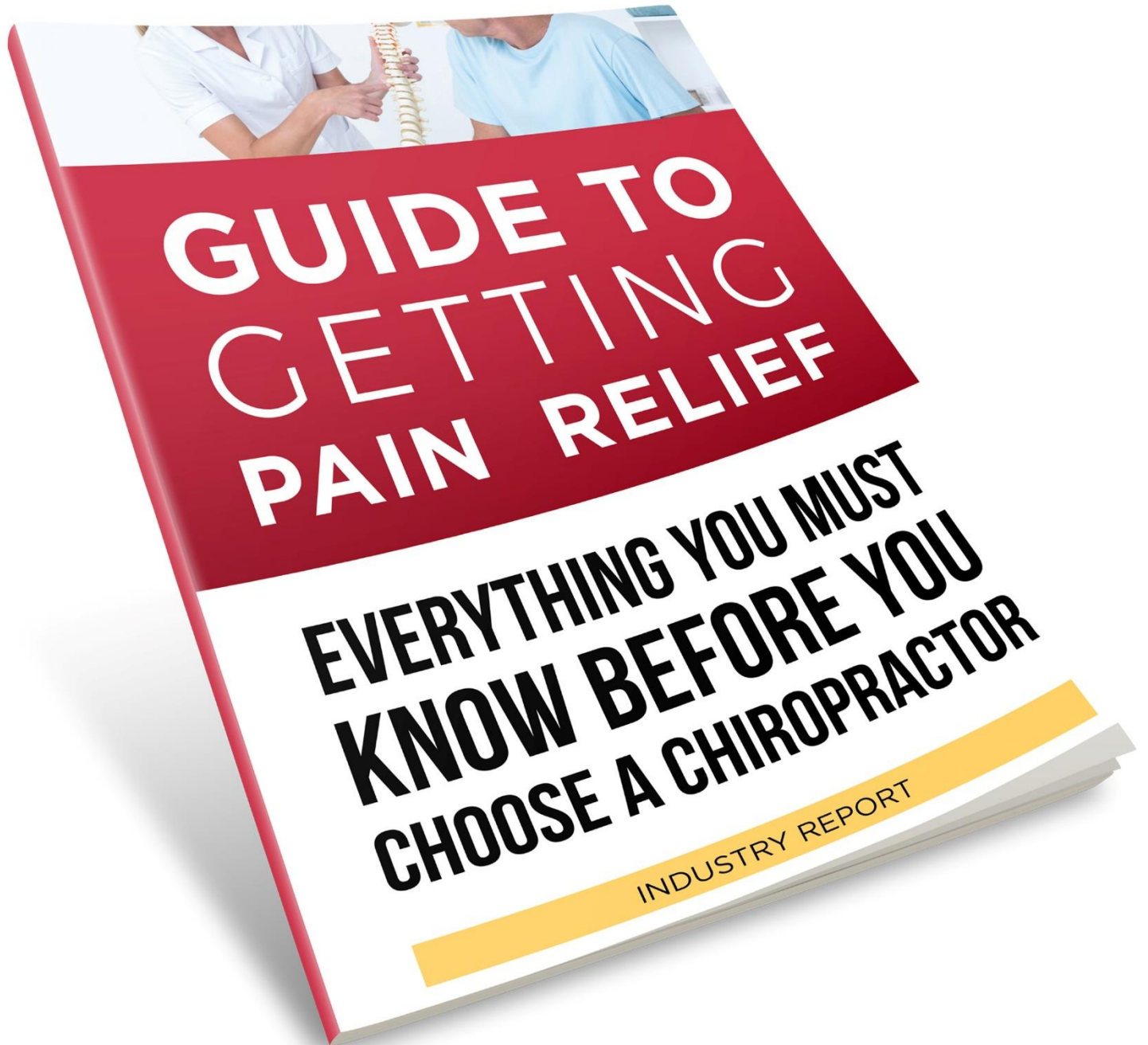


'Osteomyology is very similar to chiropractic, the difference is in the philosophy'.



You Need a Chiropractor

Experts have predicted that up to 80% of the population will experience back pain at a point in their lives.

At first glance, this stat doesn't seem like such an issue; but when you consider the fact that back pain is the leading cause of disability – preventing people from participating in basic day-to-day activities – you'll realize that it actually is a major problem.

Back pain also accounts for over 264 million lost work days in a year. It affects people of all ages – from adolescents to the elderly – and has cost the global population billions in health care costs every year – not considering lost wages and decreased productivity.

That is why you need a chiropractor.

Chiropractors spend almost as many years as a typical physician studying the spine and how it affects the body. You might not realize it, but the spine regulates everything within our bodies. A chiropractor's job goes beyond dealing with pain – they also play an important role in helping people attain great lifelong health.

This guide will take you through everything you need to know about chiropractors – from the difference between a good and a bad one; to helping you understand exactly what you're going through and how to relieve your pain.

Have some questions that need immediate answers?

Give us a call anytime:

Achieve Spinal Health

0207 101 4503 / 07436 230111

info@achievespinalhealth.co.uk

We'll guide you to your pain-free life.



Do Children Need a **Chiropractor?**

Yes.

You may have heard a popular myth that chiropractic care is dangerous for children. Not only is this statement untrue, but countless studies have shown that chiropractic is a huge benefit for children and their developing bodies.

Why? Think about how active kids are throughout the day. By receiving regular chiropractic adjustments, it ensures that children do not have neck or back problems while developing in the crucial years of their lives.

So when's the perfect age to begin chiropractic care? Professionals believe that it's never too early. Some families have regular adjustments performed on babies or toddlers to ensure the best possible health benefits in life.



What Services Do Chiropractors Offer?

Research has shown that spinal misalignment can cause numerous ailments throughout the body. A great chiropractor specializes in spinal health to help eliminate pain and discomfort while relieving these issues. Chiropractic treatment is a completely holistic approach to healing the body. Some of the services offered are:

Service	Description
X-Rays/Diagnostics	The first step in any new chiropractic visit is reviewing medical records, performing x-rays and making a custom treatment plan during your consultation.
Spinal Adjustments	Often thought of as the core chiropractic treatment, spinal adjustments include aligning the discs and joints through manipulated treatment.
Massage Therapy	This treatment is used to treat the muscles and soft tissue through deep massage.
Traction	Traction is the process of stretching the muscles to help them relax and properly align.
TENS Stimulation	Transcutaneous electrical nerve stimulation (TENS) treats back pain and inflammation with low-level electrical current.
Cold Laser	Similar to TENS, cold laser stimulates the muscles to promote rapid healing and helps reduce inflammation.



Physicians vs Chiropractors

It's important that you understand the difference between physicians and chiropractors. Your primary health physician relies on modern medicine to reduce pain, swelling and inflammation through prescription drugs. If that doesn't work, then surgery is the only viable option.

Chiropractors, on the other hand, use holistic methods to properly align the spinal column to relieve any pressures that cause pain and/or discomfort. Their treatments are fast and effective without the need for drugs or extensive out of pocket costs.

Treatment Types	Doctors	Chiropractors
To Reduce Pain/Swelling	Pain Medications	Disc/Spinal Adjustment
To Stop Muscle Spasms	Various Medications	Massage Therapy
Correct Spinal Alignment	None/Nothing	Simple Spinal Adjustment
Trained/ Certified	Yes, in Medicine	Yes, in Chiropractic
Tools Specifically for Back	No	Yes
Chances of Natural Healing	Slight	Excellent
Chances of Surgery	Varies/High	Rarely
Total Recovery Time	Unknown	Within 1-4 Weeks



Note that this chart does not constitute actual medical advice!

Every injury is unique and it's essential for you to consult your doctor or chiropractor for a specific treatment plan.

If you need some immediate advice, please contact us: to schedule an initial consultation.

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Case Study- **The Total Cost of Medical Care for Back Pain**

A 2016 WebMD study revealed that the most common back surgeries (spinal fusion, Laminectomy, Foraminotomy) average \$88,000 in cost (before insurance) and a total of over \$100,000 once doctor visits, therapies and medications are added in. The average process takes months of trial/error before the surgery and up to an additional six-ten weeks of recovery time.

As we mentioned earlier, the patient satisfaction rate on these types of procedures hovers around a meager 20%.

Chiropractic care, on the other hand, can relieve pain as early as your very first visit with an average cost of \$25-75 per session. The average treatment plan takes 3 to 6 weeks for an out of pocket cost average of \$675 (before insurance). This process rarely includes any medications other than over the counter anti-inflammatories.

Additionally, doctors will refer patients to attend physical therapy (up to \$250/visit) to learn proper stretching and alignment techniques. A good chiropractor will teach you these same exercises in their office with no additional out of pocket costs.

In total, the average cost of physician visits, medications, surgeries and physical therapy can exceed 100x the cost of chiropractic care. Yet chiropractors have a much higher success rate in full recoveries for their patients. While it's true that some severe injuries can't be treated by a chiropractor, it's always a great idea to get a second opinion before opting for dangerous drugs and surgery.

Understanding Different **Types of Chiropractors**

It's important to point out that all chiropractors are not created equal. In fact, there are two completely different treatment styles within the industry. Some only treat symptoms for injury and pain relief (musculoskeletal) while others focus on complete spinal health (subluxation).

Which is better for you? Let's look at a quick comparison

1

Chiropractors who focus on symptom relief work with their patients for a few weeks-months at a time after an injury. Their goal is to alleviate your pain as quickly as possible.

2

Chiropractors who focus on your overall spinal health also treat for injuries, but their main focus is proper alignment for your overall well-being. They're focused on long-term health.

What's the real difference? You are much less likely to have recurring pain-related issues (pinched nerves, loss of motion, muscle spasms, etc.) if you regularly focus on keeping your neck and back in alignment. Simply put, a healthy spine creates a healthy body.

Ready to find what will work for you?

Contact LISA DADALIA and let's get talking.

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How to Find a Great Chiropractor

Here are a few tips to narrow your initial search for a chiropractor in your area.

- Take a quick look at local chiropractors' websites and more importantly, their patient reviews. You should see high praise from others with similar back and neck problems. Also, is the website patient-friendly with great information?
- Once you spot a few good potential candidates, call and ask some general questions. Even though you're talking to a receptionist, they should have excellent knowledge of the practice and take your concerns seriously in a sympathetic matter.
- Also ask about availability for a consultation and how soon you can be seen. If you're in pain, a reputable chiropractor will do everything possible to work you in immediately.
- If your doctor has already performed x-rays, ultrasounds or MRI's, you should also ask if the chiropractor can use yours instead of shooting new film.
- It's also a good idea to check with each chiropractor's licensing board to see if there have been any recent complaints.



What to Expect On Your First Chiropractic Visit

Before any reputable chiropractor will adjust your spine, they will want to take a look at your medical history, examine any x-rays/MRI's you may have and discuss your specific problems. This first appointment usually takes around an hour total and you'll want to make an appointment beforehand.

1 The first step is usually an informal conversation in the chiropractor's office to discuss your medical history and any recent injuries. The chiropractor may physically examine your back at that time as well as check your alignment.

2 Next, x-rays will be taken of your spine so your chiropractor has a more complete picture of what's going on. These will be studied with you in his/her office to check for signs of degeneration and other issues.

3 Your chiropractor will also discuss treatments with you at this time and the plan to relieve your back/neck issues. This is also the ideal time for you to ask questions regarding treatment, costs and stretches/exercises you can do at home.

4 Finally, your chiropractor will discuss other things you can do to improve your posture and naturally relieve back pain temporarily. Even though you'll likely have alignment problems that require several follow-up adjustments, it is entirely possible to be pain-free within the first couple of days.

Your chiropractor may also want to do an initial adjustment during your first visit, although it depends on your injury type and the necessary course of action.

3 Key Questions to Ask Your Chiropractor

During your initial consultation, a good chiropractor will put your mind at ease by answering all of your questions to the best of their ability. Here are a few questions that definitely need to be asked-

1

HOW BAD IS THE DEGENERATION IN MY SPINAL DISCS?

This is a crucial question since there's no way to fully restore damaged discs. Chiropractic care can slow or almost completely stop degeneration so you definitely want to know these results.

2

WHAT CHIROPRACTIC TOOLS AND TECHNIQUES DO YOU USE?

Likewise, some practices use specialty equipment to speed up your recovery times by limiting soreness and inflammation. Ask about these techniques and anything you can do at home for faster healing.

3

HOW LONG DO YOU ANTICIPATE THAT I'LL NEED TREATMENT?

Some injuries are obviously more complex than others and a chiropractor will rarely be able to tell you the exact number of visits you'll need. They should have a good idea about when you'll start to feel relief and an approximate time frame for treatments.



About US

At Achieve Spinal Health, our primary goal is to get you leading a normal life, without the use of harmful drugs and sedatives. DO NOT let your doctor talk you into a life-changing surgery without consulting with us first!

We run a 100% holistic practice based on the latest spinal technology and procedures. Our team is here to help your family achieve excellent lifelong wellness and your health is always our top priority.

Additionally, our services are highly affordable for patients with or without insurance. We provide cash-payment discounts, and our team will gladly create an in-house payment plan for you if necessary. Just give us a call to book your first appointment- we can't wait to meet you!

**Contact Achieve Spinal Health
To Schedule A Full Consultation!**

0207 101 4503/ 07436 230 111

info@achievespinalhealth.co.uk



FAQs about Chiropractic Care

Still have a few questions? No problem- here are the most frequent ones that patients call to ask us about. If we didn't cover your concern below though, please feel free to call us anytime.

Does chiropractic treatment require a referral from a doctor?

While you can certainly ask your doctor for a referral, it is not necessary unless your insurance provider requires it. Chiropractors are very affordable though and frequently paid out of pocket.

Can I visit a chiropractor if I've had back surgery?

Absolutely! Your chiropractor will take x-rays to ensure that treatment is safe, but the vast majority of surgery patients are eligible. Regular adjustments can usually help you prevent a second surgery.

Are all chiropractic adjustments the same?

No- every treatment is specialized to the patient and their spinal conditions. A wide range of therapies can be used to alleviate pain and restore your overall health. Just give us a call to learn more!

READY FOR A ONE-ON-ONE CONSULTATION?

Contact us anytime!

Lisa Dadalia

Achieve Spinal Health

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