

# Why has chiropractic become so popular?

This healing art, science and philosophy founded little over a century ago, is now the largest natural health care profession in the world.



Peter Westergaard

Whilst most of us know it's already well documented that Chiropractic may help headaches, neck pain and low back pain it is less well known and not yet documented in the same scientific fashion that many people through the years are convinced it has helped conditions such as ear infections, asthma, colic, bed wetting, hearing problems, digestive and menstrual problems and even infertility.

Sounds too good to be true? We asked Clinical Director Peter Westergaard, Founder of the award winning Chiropractic Clinic group, BritChiro Clinics to explain this amazing form of treatment.

**Q: How is it that Chiropractors are often given credit for treating such a wide range of conditions?**

**A:** As Chiropractors we specialise in detecting and correcting subluxations which are places in the spine, arms or legs where joints are not moving correctly and therefore causing irritation to the nerves. Depending on where those irritated nerves go to and come from, different symptoms may be felt. For example if we look at our spine, a joint restriction in the lower part of the neck is likely to cause pain or tingling in one or both arms because that is where the nerves are

going to, whereas joint restrictions in our lower back are completely unlikely to cause symptoms in the arms but highly likely to cause pain, tingling or numbness in one or both legs – simply because that's where the nerves are going to. The nervous system controls most functions in our body, including our internal organs. It does seem pretty logical that if a nerve going to an internal organ gets pinched, then that organ is likely to function less well. So it's not that we specialise in hundreds of different conditions but rather that we specialise in detecting and correcting subluxations wherever they may be, and because all these different conditions often have the same basic cause – that's why Chiropractic so often is the answer.

**Q: Does it hurt to have a Chiropractic Adjustment?**

**A:** Most patients find that a Chiropractic Adjustment is an unusual experience because they often will hear a click or a pop as the joint is adjusted – most are also surprised that it didn't hurt.

**Q: How will I feel afterwards?**

**A:** When nerves are no longer pinched they are better able to send life's messages, your brain and other internal organs are likely to begin to function more efficiently and the healing process may begin on many levels. Many patients report that they feel more relaxed, more peaceful and aware that the old tensions or stress they've been carrying for many years begin to dissolve. Whilst generally it is a gradual step by step process, many report an immediate change in symptoms – less or no pain, better movement, more upright posture and more energy.

**Q: What should I look for when choosing a Chiropractor?**

**A:** The Chiropractic profession is governed

by the General Chiropractic Council, the equivalent of the General Medical Council for medical doctors. This ensures certain standards but as with most professional services, it is worth asking around to hear who has the best reputation. Most of BritChiro's patients are referrals from existing or past patients who have enjoyed good results and major improvements to their quality of life.

**Q: How much does it cost?**

**A:** At BritChiro Clinics, the charge for an Examination, which consists of History, Physical Examination (consisting of orthopaedic and neurological testing in addition to movement palpation) and a verbal Report of Findings is £40, and each treatment session costs £30.

**Q: Do I need a referral from my GP?**

**A:** No, as Chiropractors are primary healthcare practitioners, you do not require a referral from a GP to consult a Chiropractor. Many GP's refer patients to BritChiro Clinics as they have come into contact with many people whom we have helped. Unfortunately, Chiropractic treatment is generally not yet available under the NHS. Most Health Insurance providers cover all or part of the cost of treatment.

**Editorial supplied by  
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