



# Duncan Family Chiropractic Center

Dr. Michael A. Duncan • Chiropractor

## What do Chiropractors do?

The Chiropractic objective is to help return proper body function to you by restoring, then maintaining the proper relationship between the spine and nerve system. Nerve pathways, which are **vital to life**, are housed and protected by the bones of the spine (called vertebrae) and the pelvis. Small misalignments of these bones, which interfere with the function of these vital nerve pathways, are called vertebral subluxations. Subluxations come from many causes (lifestyle and environment) and prevent various organs, glands and tissues in your body from functioning properly. Chiropractors locate and adjust these vertebral subluxations and help your body correct and minimize the negative effects these subluxations cause. Subluxations, which are found in almost anyone with a spine, often go undetected for years and are extremely damaging when not removed.

## So, how can Chiropractic help me?

The goal of a Chiropractor is simply this: To use specific chiropractic adjustments to correct vertebral subluxations for the purpose of allowing normal nerve function to be restored, so every part of your body can function better and with as much life as possible. Regardless of what the disease is called, the Chiropractor *does not* offer to *heal or even treat disease*. Neither do we offer *advice* regarding the treatment of disease. The objective of the Chiropractor is to allow the body to do its job, naturally. The only means is by an adjustment of the vertebral subluxation. The Chiropractor's goal is to remove nerve system interference, which prevents the body from functioning at 100%. Then, **the body**, can the best chance possible to heal naturally and reach its maximum potential for health and life.

- *As stated in Gray's Anatomy, "the purpose of the brain and nerve system is to control and coordinate the **function of all the cells, tissues, organs and systems of the body and to adapt the organism to its environment.**"*
- *Webster's Dictionary defines health as a "condition of wholeness in which all of the organs are **functioning at 100% all of the time.**"*

## What Chiropractic IS NOT.

Additionally, we need to briefly understand what Chiropractic *is not*. Chiropractic *is not* intended to be a substitute or "alternative" to medical care. Chiropractic *is not* something you take or do to cover up symptoms. There is no "alternative" to medicine. Medicine's purpose is to monitor conditions and diseased states and to treat symptoms. No matter what "method" is used to treat those symptoms, it is still the objective and practice of medicine. Chiropractic *is not* meant to be used as an alternative to anything; it is unique unto itself, in both objective and method. So, in short, the Chiropractor *does not* treat symptoms.

Remember, Chiropractic is simply about removing interference that is **stopping you** from functioning as well as you are able. It is for this reason alone that millions of people around the world have made Chiropractic a regular part of their lives. Take responsibility for your own life and health!