



## **Chiropractic Care Can Help with Digestive Problems**

Whether you're suffering from chronic heartburn, diarrhea, constipation, Irritable Bowel Syndrome or another digestive problems, you've probably spent more than your fair share on money on over-the-counter and prescription medications to alleviate your symptoms. While these drugs may provide symptom relief, they do not treat the underlying cause of your digestive issues, and thus, you are essentially in a never-ending cycle of trying to treat your problem with no cure.

Studies show that chiropractic manipulation of the spine and joints can have vast improvements on one's digestive system, and issues related to digestion.

Chiropractic care is extremely effective at treating issues related to digestion. Believe it or not, your digestive system is entirely linked to your nervous system, and your nervous system has complete control over various aspects of your digestive function. For example, the nerves in the thoracic and lumbar regions of your spine control the pace at which your body digests food. If any of the numerous nerves in your spine are functioning improperly, problems with digestion can easily arise.

Subluxation minor to severe misalignments in your spine that interfere with these nerves' ability to properly control digestion. When the spine is aligned improperly, stress and strain are put on the nerves, leaving them incapable of sending out the necessary signals to your digestive organs that trigger them to work properly. As a result, ailments such as chronic acid reflux, upset stomach and constipation develop. Until the interference in your nervous system is corrected, these conditions will continue to ail you.

A chiropractor can safely, gently and non-invasively correct subluxations in your spine through chiropractic manipulation. This involves the chiropractor using her hands to gently guide your vertebrae back into their proper places. This will take the strain off of your nervous system and allow it to function at its optimum level once more, thus, helping your digestive issues subside. After a few visits to a chiropractor, you may find that your symptoms are completely gone and you are no longer relying on medications to function.

Chiropractic manipulation isn't just effective at treating digestive issues in adults. Studies have shown that this form of medicine is particularly effective at relieving digestive issues in infants, primarily those suffering from constipation and infrequent bowel movements.

Chiropractic care is safer than many medications often taken or prescribed for digestive disturbances. For example, long-term use of laxatives can cause a host of problems to develop and can wreak havoc on your digestive system. Many people suffering from digestive problems have found almost immediate relief from their conditions after seeing a chiropractor for an adjustment.