



Dr. Leigh Sierra



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Dr. Leigh Sierra

I GUARANTEE!

Thank you for choosing ME as your chiropractor and health coach. I am honored and delighted to serve, support, and assist you. I know that it's rare to receive a GUARANTEE from any health care professional; I trust you'll find most of your experiences here rare compared to what you've known in the past. My intention is to ALWAYS blow you away! Keep me posted on how I am doing. Deal?

The fact is that I want to give you Five Guarantees:

1. I guarantee availability to you 24/7 at DrLeighSierra@gmail.com. I'll personally respond to your email within 48 hours. I believe ALL questions are useful and full of genius, so please, ask away! I am here for you!

2. I guarantee that I'll continue to take excellent care of myself so that I am fully available for you and able to give you the VERY best! I want you to think of me as your model of optimum health and success.

3. I guarantee that I'll match your effort. You give 100% and so will I! It's teamwork and I am honored to be on your team.

4. I guarantee that I invest my time, energy, and financial resources for my own personal growth and development. Studies show that those who are constantly learning and growing are more optimistic and happy. I want this to be the most amazing journey you've ever embarked upon! I am with you every step of the way!

5. I guarantee that I will serve and care for your friends and family members with the utmost respect, integrity, and kindness. Your referrals tell me that you're pleased with our relationship and your progress.

6. I guarantee that I consider you to be a part of my family and I will only ask or make recommendations for you as if you were family. All of my recommendations are based on your goals, my experience and my desire to simply have the best for everyone in my family.

You'll find your experience here EXTRA-ordinary! **I GUARANTEE IT!!!** It's why I have given you six guarantees instead of my pledged five. I ALWAYS go the extra step...ALWAYS!

Please let me know how I'm doing at all times. You matter to me and I desire to hear your opinion.

Thanks for this unique opportunity to partner with you!

In health,
Dr. Leigh

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Effects of Spinal Misalignments

	VERTEBRAE	AREAS IT CONTROLS	EFFECTS OF MISALIGNMENT
CERVICAL SPINE	Atlas		
	Axis		
	1C	Blood supply to the head, pituitary gland, bones of the face, brain, inner and middle ear, sympathetic nervous system	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness
THORACIC SPINE	2C	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness
	3C	Cheeks, outer ear, face bones, teeth, tri-facial nerve	Neuralgia, neuritis, acne or pimples, eczema
	4C	Nose, lips, mouth, eustachian tube	Hay fever, runny nose, hearing loss, adenoids
	5C	Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions such as sore throat or quinsy
	6C	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup
	7C	Thyroid gland, bursae in the shoulders, elbows	Bursitis, colds, thyroid conditions
	1T	Arms from the elbows down, including hands, wrists and fingers; esophagus and trachea	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands
	2T	Heart, including its valves and covering; coronary arteries	Functional heart conditions and certain chest conditions
	3T	Lungs, bronchial tubes, pleura, chest, breast	Bronchitis, pleurisy, pneumonia, congestion, influenza
	4T	Gall bladder, common duct	Gall bladder conditions, jaundice, shingles
	5T	Liver, solar plexus, circulation (general)	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis
	6T	Stomach	Stomach troubles, including nervous stomach; indigestion, heartburn, dyspepsia
	7T	Pancreas, duodenum	Ulcers, gastritis
	8T	Spleen	Lowered resistance
	9T	Adrenal and supra-renal glands	Allergies, hives
	10T	Kidneys	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis
	11T	Kidneys, ureters	Skin conditions such as acne, pimples, eczema or boils
	12T	Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility
LUMBAR SPINE	1L	Large intestines, inguinal rings	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias
	2L	Appendix, abdomen, upper leg	Cramps, difficult breathing, minor varicose veins
	3L	Sex organs, uterus, bladder, knees	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains
	4L	Prostate gland, muscles of the lower back, sciatic nerve	Sciatica, lumbago, difficult, painful or too frequent urination, backaches
	5L	Lower legs, ankles, feet	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps
	Sacrum	Hip bones, buttocks	Sacro iliac conditions, spinal curvatures
	Coccyx	Rectum, anus	Hemorrhoids (piles), pruritus (itching), pain at end of spine on sitting



SUCCESS STORIES

Dr. Leigh is the BEST! She is wonderful not only with me but is great with my 3 young children! They love going to see her and I fully trust her. She is extremely knowledgeable and explains things in a way that is easy to understand. She gives action plans that are clear and concise and offers her help and advice each step of the way. She's much more than just a chiropractor. She is aware that prevention and nutrition play a huge role in overall health and focuses not just on aligning the spine but supporting the well-being of the whole person. Her workshops showcase her wisdom and passion of equipping those in her community to make the best choices to help care for themselves and their families. There is no one else I can recommend as highly as Dr. Leigh! - Holly

After my first encounter with Dr. Sierra what impressed me most was how thoroughly she explained the results of my assessment. She is a genuinely caring person. Everyone receives quality service at her office and nobody gets rushed along or treated like a number. After becoming her patient, my back issues were corrected to my satisfaction. She helped me with other health concerns as well. I strongly recommend Dr. Sierra to anyone who is serious about improving their health. Benefits are more than chiropractic. - Juanita

I had numbness in my hands, headaches, and backaches since 1986. I tried everything - muscle relaxers, Physical Therapy and pain meds. It made me depressed and I felt like I couldn't do anything. Now I have no headaches and feel 10x's better that I have in a long time. - Barry

Dr. Leigh Sierra is a highly qualified, compassionate, brilliant Chiropractor. She is wholeheartedly dedicated, considerate and understanding. Dr. Leigh always answers our questions we have regarding our treatments, nutrition, exercise and wellness. She always keeps in touch to check on how we are doing. Dr. Leigh is very passionate about her work, knowledgeable and competent with an exceptional personality who consistently goes the extra mile to help us. We would definitely recommend Dr. Leigh to anyone who needs Chiropractic help. - Virginia

Total care doctor from head to toe! Very knowledgeable in all areas of wellness. Dr. Leigh gives personal service and listens to what your concern is, what you want, what you don't, and continues to find ways to help you have a pain free day considering your lifestyle and work space. She is so much more than just a Chiropractor. I call on Dr. Leigh's expertise in all areas of my well-being. She is kind, straight forward and just a pleasure to work with. - Adria

I had numbness in my hands and arms and limited motion in my neck. When I try to pick up things I drop them a lot and it concerned me since I am a police officer. I had tried everything to fix it. I am now able to play tennis again and the symptoms have resolved. I am very excited about my results! This has been an excellent investment in my health! In addition, I have lost 31 pounds! - Tony

I have been very fortunate to be under the care of Dr Leigh for the past two years! Dr Leigh is not only very professional and knowledgeable but also very warm and caring. Dr Leigh listens to all your needs and not only your physical care but also helps with nutrition and living a greener lifestyle. It's unusual to go to a doctor and receive so many levels of care. I highly recommend anyone who is looking to feeling better and living healthier to see Dr Leigh. You won't be disappointed! I am most grateful and feel so much better! - Deb

ADIO Chiropractic

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Dr. Leigh's Top 10 Questions Answered

Congratulations on wanting to learn more about living well. I am honored that you're taking the time to investigate us on your journey towards health and well-being.

1. What is Chiropractic?

Chiropractic is a health science based on correcting interference in the nerve system. This interference is caused by physical, chemical, and emotional stress. Specific, corrective chiropractic adjustments remove that interference so your body will function at its optimum potential. (that means you will be the best YOU ever.)

2. What is an adjustment?

A specific, non-invasive "thrust" delivered by an instrument called the Arthrostim, or a thrust delivered by hand which is called a "manual adjustment." It's fast and non-painful. The purpose of the adjustment is to remove nerve interference from your body.

3. Will my adjustment hurt?

No! The Arthrostim, a hand-held electric instrument, delivers a quick thrust. We have safely adjusted tiny children a few hours old right up to practice members ninety-five years or older with this instrument. Manual adjusting will be discussed with you prior to your treatment if you have questions.

4. Can you help my sick child?

I help lots of children, which makes their parents rave about their healthy child. Children respond incredibly well to chiropractic care. Schedule an appointment to have your child checked to see if I can help them.

5. How many times do I have to come?

That's easy . . . come as often as you want to heal, feel great, defy age, and live pain-free! Because each individual is unique on every level, it's difficult to know how many times you will need to be adjusted in order to reach each of your health goals. For practical purposes we can estimate your initial schedule, but that is subject to change according to your rate of progress and how quickly you achieve your goals. One thing is for sure: YOUR goals and expectations will determine your care plan – frequency and duration.

6. Will I feel better after getting adjusted?

Your care is unique to YOU, and how your body heals and responds is also unique. Most people are very happy with the results of chiropractic care. Many of them feel relief from pain almost immediately after an adjustment. It's also possible that the pain may require several adjustments to fade. Rarely, a small percentage of people may experience a temporary increase in their symptoms before they start to get better. No matter what course your recovery takes, you should also know that beyond the removal of your symptoms, chiropractic care offers an opportunity for much greater overall health, if you choose to use it for that purpose as well.



Dr. Leigh's Top 10 Questions Answered

7. Will chiropractic care be expensive?

That depends on how you define "expensive". You are always in control of your finances. Is it going to require more of your money than an over-the-counter or prescription drug? Probably so. Is it as expensive as surgery or a life surrendered to drugs and their side effects? NO! Considering the benefits, the experience at this office, the all inclusiveness of our services, and the cost of providing you with the best health care, our fees are very reasonably priced. Ask us for details! Investing in your health is of priceless value because without your health, not much else matters. When you're unhealthy you can't work; your relationships suffer; you miss out on life's golden opportunities; and you're robbed of fully experiencing this world.

8. What services do you offer?

We offer the most personalized corrective chiropractic care possible – cutting edge chiropractic adjustments utilizing manual and Arthrostim adjustments, spinal rehabilitation, and a true community of practice members who care about their health and the well-being of those around them, to encourage and support you on your own journey towards your goals and well-being.

9. How long will it take to get adjusted?

Even the busiest practice members commit to making chiropractic care a priority in their lives and find the benefits well worth their time. Your adjustment may take between five and ten minutes. That's it! If however, you want to schedule extra time, one-on-one, to talk about a particular issue, just ask and we will schedule appropriately.

10. What if I feel fine? Do I need to keep coming back?

That is always up to you. The truth is that those who stop care when they are "feeling fine" often return later with the same problem, only it's sometimes worse. On the other hand, those that commit to regular care find their problem rarely returns: as well, they enjoy a higher quality of life and health. If regular chiropractic care keeps you "feeling fine", why would you choose to stop doing what's working for you? It's kind of like this: if your teeth feel fine, do you stop brushing them?

**FOR MORE INFORMATION CALL
DR. LEIGH SIERRA AT 941.244.9028**



5 Reasons to Use Chiropractic Care During Pregnancy

Chiropractic care is a completely natural, drug-free way to keep your body healthy and functioning optimally. It's safe, and good for all people of any age and health situation, but it has some particular benefits for pregnant mothers. Regular chiropractic adjustments can help ensure a healthier and more pleasant pregnancy, labor, and birth. Many chiropractors are specifically trained in special adjusting techniques for pregnant women.

5 Reasons to Use Chiropractic Care During Pregnancy

1. Back Pain Relief

Designed to keep your spine in alignment, chiropractic care can help prevent and relieve back pain associated with pregnancy. Pregnancy is tough on the body's skeletal structure, especially as baby grows and gets heavier! The weight of your expanding belly changes your posture and spinal curvature, and chiropractic can help correct posture problems and help your spine keep its intended curve.

2. Ease Pregnancy Symptoms

Chiropractic can help ease pregnancy symptoms, such as nausea and vomiting. It doesn't work for all women, but chiropractic is one way to try to get some relief from morning sickness. If the nausea and vomiting is due in part to nerves pinched by out-of-place vertebrae, an adjustment will help remedy the problem.

3. Healthy Mom, Healthy Baby

The main premise of chiropractic care is to allow the body to heal itself by removing obstructions to the nerves in the spinal column. When the nerves allow the brain and the body to communicate freely, the body is able to work as it was designed. Chiropractic helps ensure a healthy immune system for both mom and baby, whose immune systems are very intimately connected during pregnancy.

4. Better Positioning for Baby

Chiropractic can help position baby correctly for birth. If the hips and lower spine are out of place, baby could end up sideways, posterior or breech—none of which are ideal positions for labor and birth. Chiropractic adjustments can thus help get baby in the proper position, by ensuring that there are no vertebrae out of place.

5. Better Labor and Birth

Chiropractic adjustments can help shorten labor and make the birth process easier. If the mother's spine and hips are in proper alignment, and if all the nerves to the muscles and organs in her body are free and healthy, labor and birth can progress more easily and possibly take less time than if there was an alignment issue. For moms desiring a drug-free natural birth, chiropractic care can help them accomplish that goal.

Other Benefits of Chiropractic for New Mothers

Some mothers even choose to be adjusted during labor, at the discretion of their chiropractor and doctor or midwife. Chiropractic is so safe, and so important for proper health and function, that even brand-new babies can be adjusted, and should be checked for any subluxations resulting from the birth process. Finally, chiropractic can help in the postpartum healing process, by correcting any misalignments that may have occurred during labor or birth and ensuring that the mother's body is functioning optimally.

Call Dr. Leigh to learn more: 941.244.9028



What about Chiropractic care for kids?

10 Reasons Parents Take Healthy Kids to Chiropractors

Some adults may wonder why more and more children are starting to see chiropractors. That's a good question and the answer is simple: whether we have a large spine or a tiny little spine, if that spine is creating nerve distress then our magnificent bodies cannot operate smoothly...

The nervous system is the 'Master Controller'

The nervous system is the master controller of our body and if its communication channels become fuzzy, distorted or damaged then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep, developmental delays, digestion issues, asthma, behavioral problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, regardless of what the end result or symptom may be, all roads lead back to the nervous system – to the body's ability to self-regulate and function at a peak level. While chiropractic may be able to help with a number of health issues, our focus is not treating or curing ailments; our focus is ensuring the nervous system has every opportunity to work efficiently and effectively.

Can you cook at night with the lights out?

Imagine your nervous system is like the lighting system in your home. If the lights start to dim, you might not be able to cook dinner very well, you may start banging into furniture, you may trip and hurt yourself, you may feel frightened. Exactly how the dim lights influence you will vary, but the issue is still the same – there is a communication problem between the wiring and the intended outcome, which needs detecting and fixing. In the same way, chiropractors are trained to detect and correct these 'communication errors' in the body.

"How do little kids get nerve irritation?"

Nerve irritations occur as a part of normal daily life. They result from physical, chemical and emotional stressors or 'insults' to our health, such as bad posture, prolonged postures, sleeping on the tummy, knocks and falls, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety. Even before these lifestyle stressors have an impact, nerve irritation can occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins, and from birth complications such as long labors, very fast labors, or forceps or caesarean delivery. When we appreciate how important the nervous system is and how easily it can be impaired it makes sense that all children deserve to have a well-adjusted spine and nervous system... it makes sense that chiropractic is an important part of a healthy lifestyle.

10 reasons parents take their children to see a chiropractor:

1. To maximize their child's neural plasticity (brain and nerve development).
2. To enhance their child's overall health and wellbeing.
3. To strengthen immunity and reduce the incidence of colds, ear aches and general illness.
4. To help with colic and Irritable Baby Syndrome.
5. To help with asthma, breathing difficulties and allergies.
6. To improve spinal posture.
7. To improve their child's ability to concentrate.
8. To assist with behavioral disorders and enhance emotional wellbeing.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

Your child's health is their greatest asset!

Call Dr. Leigh to learn more: 941.244.9028



Research
Discoverkidshealth.com

Chiropractic Care for Children is Safe, Gentle and Effective

With the evolution of modern health care, more options and choices are now available for those seeking to manage their own health. Chiropractic for children is becoming one of the most popular choices. In the late 1990s, an average of 30 million pediatric visits were made to chiropractors. Chiropractic effectiveness and safety studies to date have pointed out that there is no clear evidence of harm to-date, and the purpose of this study ^[1] is to shine further light on to the safety and effectiveness of chiropractic adjustments on children. To do so, a study survey was created and sent to over 2000 practicing chiropractors and parents whose children have undergone or are undergoing chiropractic care.

The survey covered multiple topics of inquiry, including the reason the parents sought care, what type of adjusting techniques were used, and what kind of outcomes were seen with care. Outcomes were categorized into improvements, aggravations, such as worsened symptoms or complaints following adjustments, and complications, including fractures, sprains, strains, strokes, or death. The results were positive from both parents and practitioners. The chiropractic survey showed that of 577 pediatric cases, totaling over 5000 visits, only 3 aggravations of muscles stiffness or soreness were reported, all of which were minor, and were addressed by the practitioner. There were no reports of complications.

The results of the parent survey were similar, showing that of 239 children and 1735 visits, 162 parents reported improvements, 2 reported aggravations, and none reported complications. Overall, the safety results, as reported by parents, showed that 0.83% of the population, or 1 in every 867 visits, resulted in minor adverse events.

What was staggering about the results were the reasons why parents sought chiropractic care for their children. 47% of parents sought "wellness care," which means there were no complaints or symptoms in the children, and the parents



sought care that was vitalistic and holistic in nature that would maintain and optimize the child's health. The reasons for care that dealt with symptoms included musculoskeletal pain; ear, nose, and throat problems; neurological problems; colic; constipation and bedwetting; asthma and allergies; and birth trauma.

The most common improvements seen were decreased pain, improved behaviors, and increased immune function. Also, it is important to note that improvements were seen in other areas of the body unrelated to the initial reason for care.

1. Alcantara J, Ohm J, & Kunz D. (2009) The Safety and Effectiveness of Pediatric Chiropractic: A Survey of Chiropractors and Parents in a Practice-Based Research Network. *EXPLORE: The Journal of Science and Healing*, 5 (5), 290-295.

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Research
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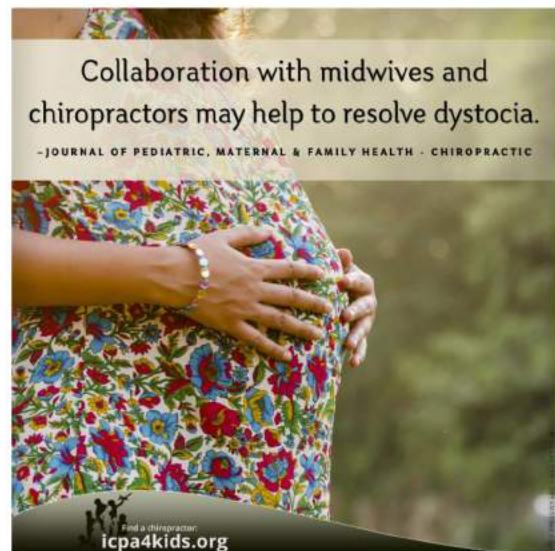
Chiropractic Care for Safer, Easier Births

Chiropractors and midwives have been working together more frequently since the utilization of complementary and alternative approaches in birth. Research has been done previously and has determined that chiropractic can be very effective in helping a woman who is experiencing “dystocia,” which can be defined as being abnormally long, painful, or non-progressive births. There has been a call for more research in how chiropractors and midwives can aid pregnant mothers, and the following report is a case in which a chiropractor and 3 midwives were helpful in aiding a woman who was having a difficult birth.

A 26 year old woman chose to give birth to her first child at home. Initially, the birth process was proceeding well, but after 22 long hours, progress had stalled. Due to the fact that her contractions had become less frequent, since there was a stalling in the descent of the baby, and cervical dilation ceased at 7 cm, it was determined that the mother was experiencing dystocia. After an additional hour, it was deduced that the baby was “asynclitic,” which means that the baby’s head position was not optimal for birth and was causing restrictions in movement and a decreased heart rate of the baby. At this time, it was decided that the chiropractor would become involved, and would utilize the Webster Technique.

The Webster technique is a specific chiropractic analysis and adjustment designed to locate and remove any pelvic subluxations (misalignments) that are causing interference to the normal function of the pelvic neuromusculoskeletal system. Immediately after completing the first adjustment utilizing the Webster technique, which included the “psoas muscles release” and “round ligament contact release”, the mother began to feel the baby “move.” The midwives immediately noted significant progress, with increased contraction timing, and improved fetal heart rate. However, at 28 hours, the baby was determined to be asynclitic once again. An additional psoas release was performed at 34 hours after the midwives had attempted different patient position changes and surgically ruptured the mother’s membrane. Thirty minutes later, a normal healthy eight and a half pound baby girl was born without complications.

Many causes of dystocia have been theorized. They include muscle weakness, poor baby positioning, soft tissue abnormalities, or bony abnormalities of the mother’s pelvis. It is not uncommon for a first time mother to be diagnosed with dystocia. In fact, the rate of cesarean section surgeries increased to above 20% in 2004, with 50% of those being due to dystocia.



Medical treatment for dystocia can include observation, manually moving the baby during contractions, rupturing of the mother’s membranes, and/or changing of the mother’s positioning. The decision to move to operative vaginal delivery or cesarean section surgery only comes after there is a sustained drop of fetal heart rate, indicating fetal distress.

Chiropractic asserts that chiropractors and birth care providers should collaborate during pregnancy. Within the scope of “Integrative Medicine,” multiple approaches are used to give the best possible care to the patient. Reducing the effects of subluxations (spinal misalignment) to the mother during pregnancy is well within the chiropractic scope of practice.

Additional research regarding chiropractic, midwifery, and resolution of dystocia is underway. To date, experience and clinical evidence have shown that cooperation between these professions may greatly aid pregnant mothers and their births.

-Joel Alcantara, Justin Ohm, & Jeanne Ohm.
“Chiropractic Care of a Patient with Dystocia & Pelvic Subluxation.” *Journal of Pediatric, Maternal, & Family Health.*

Chiropractic is Effective for Tension Headache

Author: **Michael Melton**



With headaches being one of the most common nervous system disorders worldwide, affecting almost 50 percent of the population at least once annually, finding a way to relieve them is important to when it comes to improving quality of life for a large number of people. Certainly there are several different types of headaches—migraines, cluster headaches, and medication-overuse headaches, for instance—and each one requires a unique approach for treatment.

According to the Cleveland Clinic, tension headaches, also commonly referred to as stress headaches, are headaches which affect anywhere from 30 to 80 percent of sufferers and are signified by their mild-to-moderate in pain that spreads across the entire head in a sort of band. This makes them very different than migraines which are usually felt on one side or the other.

Because tension headaches in particular are so prevalent, researchers have conducted various studies to determine which types of remedies work by offering some relief. One such piece of research was published in the European Journal of Physical and Rehabilitation Medicine in February of 2016 and it was designed to determine whether there were any head pain benefits offered by chiropractic adjustments. Sixty-two women between the ages of 18 and 65 were recruited, all of which suffered with tension-type headaches. Upon acceptance, each was assigned to one of four groups, three of which involved a specific treatment (one was spinal manipulation) and one which served as a control.

Upon conclusion of the study, researchers discovered that, when compared to the control, the individuals who engaged in spinal manipulation “showed improvements in their physical role, bodily pain, and social functioning” at one-month post-treatment. In other words, receiving chiropractic care helped improve their quality of life in many fashions beyond just the physical results one might expect. If you suffer from tension headaches, chiropractic can be a natural way to get relief.

1. Tension headaches. Cleveland Clinic. <http://www.who.int/mediacentre/factsheets/fs277/en/>
2. Espi-Lopez G et al. (February 29, 2016). Do manual therapy techniques have a positive effect on quality of life in people with tension-type headache? A randomized controlled trial. European Journal of Physical and Rehabilitation Medicine.

Written by: **Michael Melton** on March 7, 2016.



Why You Should See a Chiropractor First for Back Pain

Author: **Michael Melton**



When your lower back hurts, about the only thing you can think of is how to get relief. Depending upon the cause of your pain, sometimes you need a little help speeding up or enhancing the recovery process. Before you go to your primary care physician, physical therapist, or other health professional in search of relief though, you may just want to visit a chiropractor first.

Of course, many people know that chiropractors specialize in treating musculoskeletal issues in an effort to relieve back pain, but one study published in the Journal of Evaluation in Clinical Practice has found two more compelling reasons to make your first back pain appointment with your chiropractic provider as opposed to another care provider: fewer testing and treatment procedures, as well as lower costs.

This particular piece of research involved 747 patients who were treated for low back pain issues. Each one was assessed based on the first person they sought treatment with, whether it was a primary care physician, a chiropractor, a physiatrist (also known as a rehabilitation physician), or a physical therapist. What the researchers discovered is that the individuals who first treated with a chiropractor had fewer advanced imaging and surgical visits. Ultimately, this means taking less time out of your already busy day to attend doctor's visits in an attempt to identify and ease the pain.

It also means lower medical bills as many of these office calls and advanced diagnostic and treatment procedures come with a higher price tag. This leaves more money in your budget to pay your bills and do the things you want to do versus turning all of your hard-earned cash over to insurance companies and medical care providers.

If it's your back that's bothering you, go to a chiropractor first. You have a lot to gain when you do.

Reference

Fritz JM, Kim J, Dorius J. Importance of the type of provider seen to begin health care for a new episode of low back pain: associations with future utilization and costs. Journal of Evaluation in Clinical Practice. 2015(Sep 29).

Written by: Michael Melton on September 25, 2015.on January 6, 2016.

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