

Seeking Alternatives

With the rise of social media, it seems as though the topic of “health & wellness” is at the forefront. More and more people are becoming more conscious of what they put into their bodies and what they believe can help them achieve their healthiest versions of themselves possible. While we shouldn’t necessarily be taking unsolicited health advice from under-qualified strangers on the internet, we are right to be taking a second thought at what we put into our bodies.

This is especially true for those who suffer from chronic conditions. 43% of children in the U.S. currently suffer from 1 of 20 chronic health challenges. Sure, we can turn to medications in some cases, but with a chronic condition, do we want to be continually putting meds into our body with potential side effects? Not only can that wear down our body in other ways, but medications can also be expensive and can take a toll on our wallets. In searching for a more sustainable version of health, more people are turning to consult complementary medicine – including chiropractic care!

A study conducted in Australia found studied patients in 39 complementary medicine clinics (including chiropractic care). During the time between November 2018 and March 2019, studies found that patients who reported to complementary medicine. Chronic conditions were reported in 80% of patients. Their main reasons for reporting to this particular type of care over others were that they found this type of care to be safe, they felt genuinely welcomed and cared for by their healthcare provider, they wanted to improve their general wellbeing and prevent future health problems, and this type of care made them feel hopeful about their future state of health. Healthcare shouldn’t be scary, and when we find it scary or daunting, we are less likely to take the steps needed to help restore our health! Our health is first and foremost in our hands, but it’s up to us to make sure we choose the correct professionals to help us. When we search for care, we deserve to feel genuinely cared for and safe!

Foley, H., Steel, A., & Adams, J. (2020). Consultation with complementary medicine practitioners by individuals with chronic conditions: Characteristics and reasons for consultation in Australian clinical settings. *Health & Social Care in the Community*. doi:10.1111/hsc.13072



Patients love chiropractic because they feel it is safe, they feel genuinely welcomed and cared for, they want to improve their general wellbeing and prevent future health problems, and it makes them feel hopeful about their future state of health!



Spread knowledge! Share this with a friend!
(402) 881-0883
awakenomaha.com



© Intellectual property of ChiroEdge