

The Research That Supports Your Health

In recent years we have seen overall growth in the wellness community, especially chiropractic care.

Every day, more and more people are becoming more conscious of the foods they consume, the air they breathe, and the lifestyle choices they make. People have decided to take their health into their own hands and make choices that benefit their health long-term with an increase in natural approaches.

Research on non-traditional healthcare is being published every single day, showing that traditional medicine is no longer the only or best approach! The overall volume of publications has been on an upward trend since the 1940s! 172,466 publications were published between the years 1938-2021. That's a lot of research focused on non-allopathic medicine. Large increases in research also appear in the mid-2000s as well as in the mid-2010s. The countries generating the largest portion of this research are China, the United States, and Germany, proving that this phenomenon is occurring worldwide!

A non-traditional approach to medicine puts our health back in our own hands where we have control! People are finding that they don't need to rely on medication the way they have before and allow their body to function and heal the way it is designed to! Chiropractic care, in particular, allows the body the freedom to function by removing interference in the nervous system. Our nervous system acts as a major communication hub throughout the body. When our nervous system can operate optimally, the whole body can function better, and we see a reduction in dis-ease and dysfunction in the body!

When we look at the "traditional" medical approaches to disease in the U.S., our choices are typically "wait and see," drugs, shots, or surgery. Chiropractic is definitely non-traditional, but that allows us to get non-traditional results.



More and more research is published every day on 'non-traditional healthcare.' This upward trend relates to an increased desire for everyday people to take their health into their own hands!

Ng, J. Y. (2021). Insight into the characteristics of research published in traditional, complementary, alternative, and integrative medicine journals: a bibliometric analysis. *BMC Complementary Medicine and Therapies*, 21(1). Insight into the characteristics of research published in traditional, complementary, alternative, and integrative medicine journals: a bibliometric analysis



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