

# FROM THE EXPERTS

## Do You 'Believe' in Chiropractic?

by Dr. Andrew T. Brady



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Last month I spoke with a young lady about a number of different health issues she has dealt with for the past couple years. It didn't take long for me to feel the frustration and hopelessness she experienced with going to numerous doctors, only to be left with another diagnosis and another prescription. I asked her if she had ever considered seeing a chiropractor. She responded with a faint chuckle and said, "No offense, but I don't really believe in chiropractic."

I don't often come across people who share her opinion, or "belief," but when I do, I always think back to a conversation I had with a patient who told me that he didn't believe in dentists. As I looked at him with a confused look on my face, he responded with a nice, big smile filled with only three teeth. Yes, this is a true story.

It fascinates me that someone can disbelieve the fact that an irritated nerve, caused by a spinal misalignment, can cause dysfunction to the organs and tissues that it supplies. Christopher Reeve ("Superman") had to find this out the hard way. After falling from a horse and fracturing the first bone in his neck, he was left paralyzed with multiple organ system failure and eventually died because his nervous system malfunctioned.

Chiropractic is not a religion or a cult; it is a science, philosophy and art that works whether you believe in it or not. The only reason chiropractic continues to be the largest alternative health care field in the world is because of the results people have and the success stories they tell. We don't have big pharmaceutical companies or big tech companies advertising on one of every four commercials telling everyone to come and see us like medicine does, yet there are millions of people seeking out chiropractic care.

One of the greatest joys in my life is when I can help individuals restore their health, and I get to see how it changes their life. It may mean more energy, playing with their kids again, getting off all medications, sleeping better, being more productive or even reversing depression. All of these things ARE POSSIBLE, and I see amazing things like this happen every week in my office.

Whether you are a believer or not, don't be the guy with three teeth. If you have a spine, it needs a chiropractic physician.

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