

Chiropractic care pays dividends

The pathway to wellness, often overgrown, is not always easily apparent. It takes some clearing.

She was in her late 30s, an elementary school teacher, happily married, two kids, and troubled by a persistent aching in her neck and shoulders.

As often happens, a friend cleared the path for her. You need to see my chiropractor, the friend told her.

She pondered that counsel. She knew very little about chiropractic care, only that chiropractors can 'take the kinks out.'

Although a woman of strong will and determined never to shirk her responsibilities either to the kids in her class or her family, it was no wonder her neck ached, no wonder her shoulders were sore and stiff — too many long hours at a desk, too many papers to grade; sometimes it seemed there was simply too much to do.

She sought the services of Dr. Christopher Cianci in Easton.

"We began with a complete health history; numerous examinations" and we took the necessary x-rays," Dr. Cianci said.

"We also used a specialized instrument that measures nerve function to fully evaluate and clarify the extent of her problems."

After reviewing her history, all of her examination findings and her x-rays, there was no doubt her case fell within the scope of chiropractic.

"We explained to her that she had subluxations — those are misalignments — in her spine that were irritating nerves causing her neck problems," Dr. Cianci explained.

"Her x-rays revealed that her subluxations had been present without her knowing it for many years. We explained what was wrong, how we could help, how much it would cost, and how long it would take."

Care began using spinal adjustments to gently change the alignment of her spine.

This decreased the nerve irritation, healing began to take place and as expected, her neck and shoulder problems improved.

One day while reiterating how impressed she was with her progress so far, she noted an-



The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
Easton Md.

(Authored by Bruce Hotchkiss)

other change that was even better.

She reminded me of her 30-year history of allergies and sinus problems," Dr. Cianci recalled.

She reiterated that before beginning care, she had to miss school five times before the Easter break because of sinus problems."

Those problems no longer persist, she said, obviously with vast relief.

"I shared the fact that many patients see the same results when they begin chiropractic care," Dr. Cianci continued.

"The same irritated nerves that were causing her neck problems branch forward and control the sinuses as well. If nerves to the sinuses are irritated, the person becomes super sensitive and their body overreacts to allergens, dust, pollen, and so forth."

Dr. Cianci offered this discussion:

"Chiropractic care is the most common form of what is often termed 'complementary medicine.'

"It used to be labeled 'alternative medicine.'

Alternative medicine would imply that it is an 'alternative' to conventional medicine. Which it is not.

"Our approach is always to work with the patient's doctor — we exchange reports, diagnostic tests, diagnoses, and the like. Chiropractic care stands by itself.

"The practice of medicine, by definition, is the diagnosis and treatment of disease.

"The practice of chiropractic complements the prescribed medical treatment by charting

a path for the patient to good health and good health habits, such as good nutrition, exercise and maintaining a positive outlook.

"Of course, our adjustments of the misalignments in her spine gradually lessened the nerve irritation and, as the healing process began, there was a general improvement in her outlook and her overall health," Dr. Cianci explained.

Choosing simply medicine or simply chiropractic, a patient misses out on an important, often missing, link of being totally well.

"Each discipline offers a valuable piece that the other, by itself, can not provide."

"She wondered how many thousands of people go through life never knowing they could also be helped," Dr. Cianci noted.

The above scenario happens in thousands of chiropractic offices every day, according to Dr. Cianci. "Fortunately, every day, patients who experience good results are happy to share their experience with friends and loved ones and more people get healthier in the process."

Dr. Cianci noted that the message of this woman's experience, learned along the pathway to wellness, is that you don't have to "learn to live" with physical pain and discomfort.

"Rather than automatically turning to medical care and then complaining about the results, perhaps a complementary approach is just what you need," Dr. Cianci suggested.

The human body is quite complex, Dr. Cianci noted. "It's foolish to think that one discipline would have all the answers for every imaginable problem. Each approach has different types of testing and expertise that is not repeated or duplicated by the other discipline."

Both disciplines seek to get the patient well. "And wellness in today's world," Dr. Cianci noted, "comes about from a modern, progressive approach to health."

(For more information on Cianci Chiropractic, call the office at 410-820-4070 to set up a visit with Dr. Cianci or to attend his free bi-monthly health seminars. You can also find Cianci Chiropractic online at www.drcianci.com.)

•• Paid Advertisement ••