

## Is it not true that I'll Have To Continue Chiropractic Care For The Rest Of My Life?

Most doctors of chiropractic promote a preventative type of lifestyle which has been construed by adversaries to mean that chiropractic care requires a lifetime of commitment. Actually, recommending that patients return for periodic spinal care is no different than what dentists recommend to their patients in order to prevent cavities and gum disease.

Just as it would be ludicrous to believe that visiting a dentist once per lifetime would ensure permanently healthy teeth and gums it's equally as silly to think that visiting a chiropractor a few times will ensure a lifelong healthy spine. Our spinal tissues undergo daily bombardment of stresses originating from bad postural habits, suboptimal work environments, psychological stress, and hectic lifestyles just to name a few.

For these reasons, after the resolution of acute problems patients are given the option to receive periodic spinal checkups which acts to minimize the likelihood of future recurrences or development of new problems. The preventative approach in health care has been gaining much recognition as of late and there has been a large push in the medical community and health insurance industry to incorporate preventative programs into mainstream medicine.

It's really that simple. Periodic care to prevent future problems - safe, natural, convenient care now to avoid nasty and complex problems later.