



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

CHIROPRACTIC AND ARTHRITIS

What is “Arthritis?” Something that ‘old people’ get? A catch-all category that means pain in the body? Let’s breakdown the word ‘arthritis.’ **ARTH- means joint, and –ITIS inflammation of;** therefore, arthritis simply means inflammation of a joint.

We check the spines of many people, young and old. What we find is that if a person’s spinal alignment and function has not been maintained throughout the years, they are prone to developing degeneration and decay of the spinal joints: arthritis if you will.

The bad thing about developing degeneration and decay of the joints is that it is Irreversible! Once we start losing disc height in the vertebral column, or developing boney spurs at the joints, we can’t reverse that. We can however get the spine in balance and keep it from progressing, and relieve nerve irritation to allow increased expression of health!

Your spine’s primary job is to *protect the nervous system!* So, if anything happens to disrupt the integrity of the spine, you are disrupting the integrity of the nervous system, and in effect your entire *picture of health.*

Get your spine checked. Get your family’s spines checked. And, maintain good health throughout the years!



** Who do you know that could benefit from Chiropractic Care? **

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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