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Chiropractic is an alternative health profession that focuses on the deformity and disorder of the nerves, spine, and muscles of a person. A misaligned spinal column compresses the nerves that produce various physiological discomforts and aches. Therefore, in able to release the nerves from being compresses, the muscles, bones and spinal column must be returned to their original position as well as improving nerve functions.

Nerves are important because they are responsible in sending various stimuli from the brain to different parts of the body and vice versa. The nerves are composed of fibers connects the spinal cord and the brain. It permits communication between the brain and all body parts. Each nerve connected to a particular body part has a different function form other body components. For instance, the optic nerve is responsible for transmitting messages to the brain regarding what the eyes perceive, whereas an auditory nerve is accountable for sending a message to the brain about what the ears hear.

Improving nerve functions is one of the objectives of chiropractic care. Any injury or damage to a particular nerve may have little or huge effects on the muscle, bone, organ and tissue it works on. Pain is a symptom revealing that a particular nerve is being compressed or damaged. However, a larger injury can cause total paralysis or weakness of the affected body part. Therefore, to correct this disorder, every bone and muscle in the body must be returned back to its normal function and place.

Chiropractic care has been proven effective in improving nerve functions. Professional chiropractors utilize various chiropractic treatments. A spinal manipulation is one of the components in a chiropractic program that is helpful and useful in realigning the spine so that any pinched nerve is released from compression. When the nerves are released from compression, irritation is lessened resulting to pain reduction.

Massage is another chiropractic treatment used to improve the functions of the nerves. Massage enables to release tension on the muscles as well as stiffness. When the muscles are free from any stress, the nerves are relieved from being pinched.

Furthermore, effective chiropractic care in improving nerve function is proper nutrition. Right nutrients, minerals and vitamins are essential not only for healing process and for providing energy, but are also keeping the nervous system to perform perfectly. Having the right diet and knowledge in nutrition, such as vitamin B, help in improving nerve functions. However, prevention is still the best treatment than all other forms of treatment.

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