

[IMAGE]

## Time for Chiropractic

By Editorial Staff

It's a great time to visit your chiropractor, and a recent Gallup survey makes it clear: pain is a major issue for many people, and overwhelmingly, they would rather try nondrug pain-relief therapies such as chiropractic care versus pain-relieving medications. Well, they're in luck, because chiropractic offers the answer.

According to the 2017 Gallup-Palmer College of Chiropractic Annual Study of Americans, pain is an ongoing issue for many Americans, particularly neck and back pain (two conditions commonly treated by chiropractors): "About one in four adults in the U.S. (27%) have seen a healthcare professional for significant neck or back pain in the last 12 months. More than half of those adults (54%) have had an ongoing problem with neck or back pain for five years or more."

But medication is *not* the preferred option, particularly in light of the opioid epidemic: Nearly eight in 10 (78 percent) of Americans "prefer to try other ways to address their physical pain before they take pain medication prescribed by a doctor." And yet pain medications are still widely used: "Among those who have had ongoing neck or back pain for less than 12 months, seven in 10 have taken a nonsteroidal anti-inflammatory drug (NSAID), such as Advil®, aspirin or Aleve®, to manage the pain, and 45% have taken acetaminophen, such as Tylenol.®"

time for chiropractic - Copyright © Stock Photo / Register Mark So, let's sum up: Americans are in pain, don't want to take prescription pain medication, but often take over-the-counter pain medication. Sounds like it's time for chiropractic instead, especially in light of the fact that according to the survey, Americans perceive chiropractic as safer than *both* prescription and OTC medication and back surgery for neck / back pain.

Don't risk the potential side effects of pain medication – drugs that only temporarily relieve the symptom (pain) – when your chiropractor can relieve your pain without drugs while addressing the root *cause* of your problem. It's time for chiropractic.

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