

[IMAGE]

## Why Chiropractic Is Your Best Option for Pain

By Editorial Staff

Pain is a major problem, but so is medication used to help relieve the pain. If you haven't realized by now that chiropractic care, not drugs, is your best option for pain, perhaps you'll be swayed by some recent research. Let's take a quick look at two studies in particular. Follow along and see how the latest research supports our conclusion. It's not too late to avoid the pain-reliever epidemic. It's never too late to choose chiropractic.

First, a study published in the *Journal of the American Medical Association* suggests nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Aleve), Motrin and other commonly administered pain relievers, are more effective than opioids for relieving chronic back, knee and hip pain. NSAIDs also win out over opioids in terms of reducing limitations in the ability to perform activities of daily living (walking, working, sleeping, etc.). So, point #1: Opioids aren't your best option for pain.

best option - Copyright © Stock Photo / Register Mark But neither are NSAIDs, at least when compared to chiropractic, according to a study that also appeared in the *Journal of the American Medical Association*. Chiropractic spinal manipulation reduced pain and improved function in back pain patients after six weeks of treatment, and results were similar to that achieved with NSAID use – but without the side effects and other risks associated with medication use (particularly use for more than 10 days at a time). So, point #2: NSAIDs aren't your best option, either.

Point #3 should be clear by now: When it comes to pain relief, chiropractic care is the effective, safe option to turn to first – a point emphasized by an increasing number of major health care organizations these days. Talk to your doctor about the risks associated with opioids and other pain relievers, and why chiropractic care is the natural, drug-free first choice. Make the right choice ... choose chiropractic today.

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