

Newark Chiropractor Raises Awareness On Spinal Health

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Newark, DE based chiropractic services provider Pure Wellness is embarking on a mission to disseminate the importance of proper spinal care among the communities they serve. In addition to Newark, the spinal healing specialist serves patients in Wilmington, Smyrna, and Middletown. Newark patients are highly encouraged to seek help for any spinal issues at their trusted local chiropractic provider, a stance that is employed at the other three locations as well.

Dr. Eric Marks of Pure Wellness states that, "If you consider your brain the most important organ in that it holds your consciousness and is where every aspect of your personality is born, then your spine by extension is the vital signal carrier that allows you to express yourself physically. Injuring a single limb is hazardous enough to physical expression, but a fault in your spine can leave you with a host of problems that crop up all over your body." According to the doctor, these problems may also be too subtle to be easily noticed by the average person.

He continues, "It's easy to sustain a nasty landing on your back during a fall and immediately connect this to the bruise, pain, swelling, restricted movement, and overall discomfort you experience the next day, but fewer people know how to connect back pain to poor sleep posture and so on." He also points out that knowing the cause of the issue may not be enough, citing examples of office workers who make the connection between their lengthy periods of inactivity in uncomfortable positions with lower back pain but do not change their lifestyle or otherwise attempt to address their issues.

"This is because the pain is often easier to ignore in the beginning," he notes. "A small twinge that strikes as you straighten up from being hunched over your computer or notes can be dismissed. A chronic, unabating pain that drones on in the background of your daily life is something else entirely, and this is where people most critically need help. While the former situation is the best time to see a chiropractor to ensure that your body can recover quickly, those experiencing chronic pain need not lose hope. We encourage you to

schedule a consultation with us and describe your issues; we will do everything in our power to make sure you receive a treatment plan that rectifies the issues in your back.?

Additionally, Dr. Marks says that, while some aging men and women may attribute the increasing levels of pain to the natural progression of life, this is not always the case. ?We even see young adults who once could shrug off all manner of pain discovering that their body does not recover as well as it used to?yet continuing to live as they always have because they are unable to accept that their healing capacity is not as effective as it was in their youth,? he says. While he maintains that the best ?cure? is to take care of one?s body so that it does not accumulate such injuries, Pure Wellness is always available to offer help in times of need.

Notably, the doctor asserts that their chiropractic services can even help patients dealing with high amounts of stress. ?Many may be aware of how much relief a simple massage can give an aching body,? he says. ?If that is all you want, we?re pleased to handle that too.? However, should a patient need more assistance, the doctor asserts that they are able to offer chiropractic sessions and other holistic methods of addressing the issue at hand. Currently, the clinic offers alternative and holistic treatments for stress, arthritis, neck and back pain, spine and disc injuries, work injuries, and many, many more.

As stated on the clinic?s website, ?Pure Wellness is noted for providing the best wellness care. We offer a highly effective combination of chiropractic care, acupuncture, massage therapy, injury rehabilitation exercise and stretching therapies, and other therapies to deal with the source of your pain, help your body heal, and maintain your strength to prevent re-injury.? Alongside well-established and renowned chiropractic services, the clinic offers massage, acupuncture, injury rehabilitation, functional medicine, and much more.

Those who wish to learn more about the chiropractic clinic and the work they carry out with their patients may contact Dr. Eric Marks of Pure Wellness to make any further inquiries. A full breakdown of the services they offer can also be found on their website, and interested parties may connect with the award-winning clinic through their social media channels to stay up to date with their latest news and announcements.

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For more information about Pure Wellness, contact the company here: Pure Wellness Dr. Eric Marks 302-600-1634 info@purewellchiro.com 4 locations listed here: <https://purewellchiro.com/contact-us> . If you need to focus on 1 location for this release, we can use the Newark location.

Pure Wellness

Not only is Pure Wellness Chiropractic one of the finest chiropractic clinics in the region, we pride ourselves in being a complete wellness center for injury rehabilitation and improving your health and strengthening your body.

Website: <https://purewellchiro.com>

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