



Savannah Chiropractor Explains How Poor Breathing Can Affect Health

January 24, 2020

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Savannah, Georgia based Arrowhead Clinic is reaching out to the community to discuss how a poor breathing technique can affect their health and how their quality of life can improve by practicing deep breathing. Learn more here: [Arrowhead Clinic Savannah](#).

While breathing is an activity that usually does not require much thought, as it comes naturally for any form of life in one way or another, the chiropractors of the Arrowhead Clinic have published a new blog entry that challenges this piece of common knowledge. According to their experts, the way someone breathes can have a deep and meaningful impact on their health. Beyond this, they assert that most of the population has been breathing incorrectly for their entire lives, taxing their body and placing unnecessary stress on their systems. While this is hard to believe, these are the claims that the center's chiropractors make on their new blog entry, titled, "Does The Way I Breathe Affect My Health?"

Dr. Roy Vogel, a practitioner of the local chiropractor clinic, states, "Maybe it's something you've never thought of if you are in the gross of the population, but the way you breathe does have a significant effect on your health. If you are among the majority of the population, it is very likely that you have never even thought

about the possibility of there being multiple breathing techniques, let alone consider the fact that you have been breathing incorrectly for your entire life."

Dr. Vogel notes that, while this is typically not an issue nor something that should be a common point of concern for any given person, adopting healthier breathing techniques can have a significant effect on an individual's life. With only a few minutes a day, these breathing techniques can have a meaningful impact on both their physical and mental health, reducing the stress placed on their body and bestowing other positive benefits. "If you practiced any other activity daily like running or swimming as you do breathing, you would have already researched into the most effective way to do it," says Dr. Vogel, adding that, since it is just breathing and it comes naturally, most people stick with what they have done since birth without researching further.

As the Arrowhead Clinic outlines in their article, most people limit their breathing to the chest, reducing their oxygen intake and adding unnecessary tension to their diaphragm. This can lead to tightness around the person's aorta and restrict movement around their large bowel, potentially leading to high blood pressure and constipation. Over time, this leads to overuse of the person's accessory muscles when they breathe, relying heavily on their neck and shoulders. This causes fatigue and leads to pain and tiredness, caused by no apparent reason. This is an issue that is further emphasized in individuals with impaired breathing, such as those suffering from asthma or emphysema.

"We have seen countless patients come in experiencing these symptoms, being extremely fatigued at the end of the day for no apparent reason and having muscle soreness without working out," says Dr. Vogel. "Pinpointing the source of these symptoms can be hard, and most people are skeptical when we mention that it may have something to do with their breathing technique, but we also have the research and knowledge to back up our perspective."

The Savannah chiropractor states that, once they deem a patient's discomfort to be caused by their breathing technique, improving their condition is a relatively easy endeavor. Deep breathing exercises are the most common way to reduce their tiredness, fatigue and muscle aches, as a few minutes of practice a day will have a meaningful impact on several aspects of a patient's life. Beyond reducing their fatigue and muscle stress, these exercises also help reduce anxiety and emotional stress. The chiropractic center also believes that it helps protect the back and promotes healthier sitting and standing postures.

Further information on breathing techniques and how they can affect a person's health can be found on the center's website. Interested parties can also reach out to Dr. Rachel Banks of Arrowhead Clinic to follow up on any further inquiries they may have.

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For more information about Arrowhead Clinic Chiropractor Savannah, contact the company here: Arrowhead Clinic Chiropractor Savannah Dr. Maria Bourjolly (912) 378-1371 info@arrowheadclinics.com 7205 Hodgson Memorial Dr, Savannah, GA 31406

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  "description": "Dr. Rachel Banks graduated from Jackson State University receiving her Bachelor of Science degree in Biology/Pre-medicine in 1990. She then moved on to attend Life University when she was called to the healing aspects of Chiropractic care, she graduated in 1997 with a doctorate in chiropractic. She's also a proud member of the Georgia Chiropractic Association. Dr. Banks joined the Arrowhead family in 2009 becoming the floater doctor in the Atlanta/Savannah/ Brunswick offices. Her belief and dedication to the field of chiropractic have made her an intricate part of Arrowhead Clinics. In 2016, she was asked to make a permanent move to Savannah taking over the Mall Clinic. Dr. Banks revamped the staff, implemented her own style of leadership and management and in 2018 her clinic won 'The Most Goals Met' in 2017. Dr. Banks was born and raised in Atlanta and a member of Alpha Kappa Alpha Sorority but enjoys living here in Savannah with her loveable fur baby - Lola. Call for Your Free Consultation Today! What You Can Expect As A New Patient car-collision Auto Accident Treatment Experts Arrowhead Clinic is the recognized leader for diagnosing and treating auto accident injuries. For over 40 years our team of medical providers and chiropractors work in collaboration to structurally stabilize and treat trauma caused by motor vehicle crashed. examination State of the Art Diagnostics While our chiropractors pride themselves on being able to detect injuries and subluxations through manual palpation and muscle testing, our 3D x-ray technology allows our doctors to uncover hidden issues that are ambushing your performance and keeping you from achieving optimal health. customer Personalized Care and Attention to Every Detail You are a unique person! We believe your treatments should be wholly unique to you as well. At our Savannah clinic, we offer customized care solutions for your specific needs. rehabilitation Comprehensive Rehabilitation We provide each of our patients with a comprehensive rehabilitation program that addresses your complete musculoskeletal system and nervous system. Our goal is to help you achieve abundant health. These programs will help get you on the right path. chiropractic care Elite Treatment Solutions Our Savannah Clinic is excited to offer the most up-to-date chiropractic treatment methods and scientifically-based equipment to exceed your expectations. Some of these methods include computer-guided Spinal Decompression, Active Release Therapy, Electro Muscle Stimulation, Functional Movement Screening, and Fascial Distortion Model. goal A Long-Term Perspective We want you to take a long-term view of your health. While our chiropractors and medical team can get you out of pain quickly our ultimate goal is for you to live an abundant life. We want you to be able to pick up your grandchildren, play sports, do yard work and garden your entire life! That is what this is all about and we want you to be apart of it! Frequently Asked Questions What Should You Expect During Your First Visit At Our Savannah Chiropractic Clinic? What Conditions do Chiropractors Treat at your
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Clinic? What is Corrective Chiropractic Care and How Does It Help Injury Victims? What is the Popping Sound You Hear During a Chiropractic Adjustment? How can chiropractors at Arrowhead Clinic in Savannah help you? How Much Does it Cost to See a Chiropractor? Where is your Savannah chiropractic clinic located? What Areas Does Your Savannah Chiropractic Clinic Serve?

Patient Testimonials doctor (1) 17 Clinic Locations Person-Icon.png 65000 Patients Treated Awards-Icon.png 41 Years of Service like 99 Patient Satisfaction Local Savannah News & Chiropractic Information May 12, 2020 How Weightlifters Benefit From Chiropractic Care Whether you are a professional bodybuilder gearing up for Mr. Universe, or just enjoy weight lifting, the health of your spine is essential. That's why weightlifting and chiropractic care go hand... Read More May 5, 2020 Boost Your Immunity The Natural Way Even the healthiest of us get sick every now and then. But by fine-tuning certain aspects of your health routine and your daily life, such as diet and exercise, you can help support your immune... Read More April 28, 2020 How Chiropractic Care Has Been Shown to Improve Blood Circulation How Chiropractic Care Helps Blood Flow Do you suffer from cold feet and hands? Cooler temperatures lead to cold hands and feet, however for others, cold and tingling extremities may be a year-round... Read More Schedule a Free Consultation Our chiropractic wellness team is always ready to help you. best Chiropractor near me Mon-Fri 9.00am - 7.00pm (912) 353-7246 info@arrowheadclinics.com Free Consultation Form Name Phone Email How Did You Hear About Us? Current SituationHelp us understand your situation How else we can assist you? Comments Our Clinic Has Been Featured On Arrowhead Clinic Chiropractors Near Me For over 40 years Arrowhead Clinic has been the trusted leader in chiropractic care for car accident injuries and pain conditions. We have 17 clinics throughout Georgia, South Carolina, and Florida that provide world-class treatment for patients. Resources HomeAboutServicesLocationsFree ConsultationPrivacy Policy Blog Articles How Weightlifters Benefit From Chiropractic Care May 12, 2020 Boost Your Immunity The Natural Way May 5, 2020 Copyrights © 2020 All Rights Reserved by Arrowhead Clinics >

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get you healthy. Even if insurance is not an option for you, we offer extremely affordable wellness plans! If
you were recently in an Auto Accident or are dealing with Neck or Back Pain, CALL NOW! 770-961-7246 or
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and always all natural. The main goal is to help your body naturally by relieving residual soreness and
stiffness while at the same time restoring flexibility and mobility. The results our patients see are a drastic
reduction in acute pain symptoms and inflammation, increased lower back and neck ranges of motion, better
sleep throughout the night and elevated mental clarity. Please read some of our reviews by clicking on the
image below to determine if we are the right fit for your and your family. We achieve rapid results for our
patients through chiropractic adjustments and active release therapy that functions to restore proper motion
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pain relief and wellness care: We are Conveniently Located Our Chiropractic Clinic is Open Late Same-Day
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Doctors Affordable Personalized Care Plans State of the art Diagnostics and Scientifically Backed
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Achilles Tendinitis Ankle Sprains Auto Accident Injuries Carpal Tunnel Syndrome Frozen Shoulder/Adhesive
Capsulitis Golfer's / Tennis Elbow Hamstring Pulls/Strains Hip Flexor/Psoas Tendinitis Hip Pain Iliotibial Band
Syndrome Knee Sprains Low Back Pain Neck Pain Patellar Tendinitis Plantar Fasciitis Rotator Cuff Strains
Sciatica Shin Splints TMJ Tension Headaches/Migraines Whiplash",
  "dateCreated": "2020-06-10T09:09:00-04:00",
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  "@id": "https://www.arrowheadclinic.com/chiropractor-near-me-savannah-georgia#Answer1"
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"author": {
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"answerCount": 1,
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"@id": "https://www.arrowheadclinic.com/chiropractor-near-me-savannah-georgia#Question1"
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"name": "Chiropractor Savannah, GA | Savannah Chiropractic | Arrowhead Clinic",
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  "https://en.wikipedia.org/wiki/Manual_therapy",
  "https://en.wikipedia.org/wiki/Chiropractic#Vertebral_subluxation",
  "https://en.wikipedia.org/wiki/Traffic_collision",
  "https://en.wikipedia.org/wiki/Chiropractic_treatment_techniques",
  "https://en.wikipedia.org/wiki/Spinal_adjustment",
  "https://en.wikipedia.org/wiki/Back_pain",
  "https://en.wikipedia.org/wiki/Savannah,_Georgia",
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Arrowhead Clinic Chiropractor Savannah

For over 48 years, Arrowhead Clinic has provided Savannah, Georgia with premier Chiropractic Care for those suffering from Back Pain, Neck Pain, Whiplash, Sciatica, and Auto Accident Injuries.

Website: <https://www.arrowheadclinic.com/chiropractor/georgia/savannah>

Email: info@arrowheadclinics.com

Phone: (912) 378-1371

