



## **Chiropractic Care Cannot Help Fight Off COVID**

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Dr. Nick Brock, DC, from Advanced Chiropractic Rehabilitation, a chiropractic clinic based in Thousand Oaks, CA, has warned about false claims that chiropractic care can help fight off or cure COVID. As the world faces this major public health crisis with this pandemic, he also wants people to know that they are open and seeing patients during regular business hours. With the Governor of California having said that chiropractic care is essential, all regular chiropractic services are being provided.

This is particularly beneficial as it relieves the burden of having to go to an emergency room or urgent care, which can add additional risk given the rising numbers of covid cases. Dr. Brock can assess many ailments and may be able to help with a number of health conditions. He applies advanced chiropractic methods to put back into proper alignment those areas of the spine that are not moving, misaligned, or both. Although the clinic offers treatments for a number of ailments to provide the best possible results for healing, it should not be assumed that chiropractic care can prevent or even heal the coronavirus.

Dr. Nick Brock, DC, says, "Chiropractors should refrain from any communication that suggests spinal adjustment/manipulation may protect patients from contracting COVID-19 or will enhance their recovery. Doing otherwise is potentially dangerous to public health." Some chiropractors have taken a highly irresponsible stance by falsely claiming that chiropractic care can influence the immune system. The World Federation of Chiropractic (WFC) has clarified that there is no credible scientific evidence to support the claim that chiropractic spinal adjustments or manipulations have any impact on elevating immunity. It is important that we keep ourselves well informed so as to not spread misinformation that can potentially put lives at risk.

The chiropractic care that is provided by Dr. Nick Brock, DC, primarily serves the residents of Thousand Oaks, Newbury Park, Oak Park, Westlake Village, Moorpark, Simi Valley, and Camarillo. He will suggest a number of lifestyle changes and various proper care recommendations to help them achieve their health goals. The services provided by Dr. Brock may help with pain relief, family care, wellness care, and postural correction. His patients can attest to how Dr. Brock has been able to help them with their condition, such as lower back pain, leg pain, ear problems, neck and back pain, headaches, and sleeping problems. Some of them have also presented testimonials that can be accessed on the website at <https://nickbrockdc.com>.

Dr. Brock can provide various types of adjustments and these can range from low force, drop tables, use of adjustment instruments, flexion/ distraction, hands on adjustments, and spinal and posture correction. He can also teach patients certain exercises that have been specifically developed to help with their posture and help correct their own particular issue. These exercises may help enhance the effectiveness of the spinal adjustment provided by as much as 30 to 40 percent.

He may also make some recommendations on healthy food choices and the use of some supplements to help in the patient's recovery and return to optimal health. This is essential because eating well and decreasing inflammation in the body is vital in the healing process.

He wants people to realize that there are a number of signs that something is wrong and that it may be helpful to see a chiropractor. These include persistent neck pain, back pain, chronic muscle or joint pain, and chronic migraines and headaches. Pain is a very common problem but if it is left untreated, it may lead to larger problems. If the muscle or joint pain is recurring or persistent, it is advisable to consult a chiropractor as soon as possible that can help relieve the pain and avoid a more serious issue down the road. With regard to headaches and migraines, these are often the result of muscle tension in the neck and joint irritation. The chiropractor may help ease the pain by applying spinal manipulation and other adjustments. This may help in decreasing the pressure from the spine that in turn reduces headaches and migraines.

Those who are looking for chiropractic care may want to consult the Advanced Chiropractic Rehabilitation

website, or contact them directly via phone or email. Any questions regarding COVID can also be addressed, as It is important that instead of getting swayed by misleading information, we follow the public health guidelines issued by the government.

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For more information about Advanced Chiropractic Rehabilitation, contact the company here:Advanced Chiropractic RehabilitationDr. Jon Scott805-496-4469drscottacr@gmail.com1625 East Thousand Oaks Blvd.Thousand Oaks, CA 91362

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