Dr. Yvonne Offers Chiropractic Care in Boise ID for Health and Wellness

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Essential Life Boise, a chiropractic clinic in Boise, Idaho, has announced that Dr. Yvonne Aicher, who is a board-certified and fully licensed Doctor of Chiropractic, provides a drug-free and non-surgical approach to healing and wellness. Chiropractic care may help in restoring health and preventing injury through the enhancement of the structural integrity of the body, especially the spine. The spine is important because the brain communicates with the other parts of the body through the spinal cord and nervous system. When the spine is working at optimum, this communication between the brain and other parts of the body is uninterrupted, and the person is in a state of wellness and is pain-free.

Dr. Yvonne uses corrective chiropractic care to get to the root cause of a particular health problem to ensure that it is a long-term fix, rather than a quick fix. She explains that the basic definition of health is that the body is able to function normally or optimally. While proper nutrition and staying fit can help in improving overall well-being, can lengthen life, provide more energy, help a person prevent or overcome illness, or enhance a person?s appearance, they don?t cause a person to function. It is the central nervous system (CNS) that causes a person to function. For the body to be able to function normally, the CNS must be able to do its work without interference or damage.

Dr. Yvonne explains, ?The most common, and in fact very likely way, to interfere or cause damage to the central nervous system is with the spine. 'Abnormal' position of the head and spine and subluxation (misalignment of individual vertebrae) will interfere with the CNS. This interference will cause the organs of the body not to function or heal 'normally'. By definition, the result is abnormal or less than optimal health.?

There are two proven methods of determining whether there is a misalignment of the bones in the spine that result in disease. These are motion x-rays and postural examination and palpation of the spine. A person?s spine and posture are considered to be abnormal if: the head is visibly tilted, shifted or rotated in one direction; one shoulder is higher than the other, turned in one direction, or the whole upper body is shifted to

one side; one hip is higher than the other, turned in one direction, or shifted to one side; or the head juts out in front of the chest and shoulders. Chiropractic care may help in correcting any of these issues.

At Essential Life Boise, they have established as their mission to empower patients with the most advanced information and advice on various topics, including fitness, sporting performance, weight loss, heart disease, cancer, thyroid function, hormone imbalance, immune boosting, diabetes, depression, digestive health, and childhood disorders such as autism and ADHD.

Chiropractic care at Essential Life Boise is also used to treat various conditions, such as injuries after an auto accident, disc injuries, food sensitivities, low back pain, pediatric spine misalignment, sports injuries, headaches, jaw pain, and care during pregnancy. For people who were involved in a car accident, whiplash injury needs to be treated. The problem is that the symptoms of whiplash may take weeks or months before the person starts to feel them.

They can also provide cold laser therapy, where wavelengths of light are used to accelerate healing. It can be used for both humans and animals to help in reducing pain, swelling, spasms, and to enhance functionality.

Those who would like to know more about how chiropractic care may help in gaining optimal health and wellness may want to check out the Essential Life Boise website at https://elifeboise.com/about-us/, or contact them on the telephone, or through email. They are open of Mondays and Wednesdays, from 9:00 am to 12:00 pm and 3:00 pm to 5:30 pm; on Tuesdays, from 9:00 am to 12:00 pm; and on Thursdays, from 9:00 am to 11:30 am and 3:00 pm to 5:30 pm. Fridays and Saturdays are by appointment only.

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For more information about Essential Life Boise, contact the company here:Essential Life BoiseDr. Yvonne(208) 991-0352info@elifeboise.com2375 W. Chinden Blvd. Suite H, Boise, ID 83713

Essential Life Boise

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