Boise Chiropractor Offers Their Services To Local Communities

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ID-based Essential Life Boise would like to reach out to local residents who may be in need of chiropractic services. Chiropractic care is a drug-free, non-surgical approach to healing and wellness that is known to restore health and prevent injury by improving the structural integrity of the body, focusing primarily on the spine. At Essential Life Chiropractic, they provide a wide variety of services aimed at helping their patients live a happier, fuller life ? free of pain and discomfort. The spine is one of the most important parts of the body, and a healthy spine almost always guarantees a healthy body. The clinic?s site can be found here: https://elifeboise.com/chiropractic-care/webster-technique/.

One of the areas in which Essential Life?s chiropractors specialize in is auto accident injuries. If one has recently been involved in a car accident, it is very likely that they are suffering from injuries resulting from whiplash. These injuries can be very serious and need to be taken seriously. Symptoms of a whiplash injury can take anywhere from a few weeks to months to manifest, which makes getting a professional evaluation all the more important. It is easy to be fooled into thinking that an injury is not too bad due to the absence of pain, and people often do not seek out medical treatment because they think they are fine. They fail to seek out medical care only to complain of neck or back pain months later, when it may be too late for any treatments to be as effective.

Essential Life offers cold laser therapy, a unique therapy that uses certain wavelengths of light to accelerate healing processes. It can be used on both humans and animals to eliminate pain and swelling, reduce spasms and increase functionality. ?Cold lasers are generally hand-held devices or devices on a stand that are placed over an injured area from 30 seconds to 7 minutes for optimum healing,? says Essential Life. ?The laser is most effective if used directly on the skin because the light needs to pass through all the layers (3) of the skin. The light can penetrate 2-5 centimeters below the skin, triggering biochemical changes in the cell. The light is absorbed by the light sensitive elements in the cell. It is similar to how plants use photosynthesis to absorb sunlight and convert it to energy. It has been used in pain management for years.?

Another area in which the Essential Life chiropractors specialize in is disc injuries. Discs act as cushions

between the bones in the spine. Disc pain usually causes tingling down the arms or legs and can get worse depending on one?s posture. Chiropractic adjustments can help relieve some of the pressure on one?s spine and fix spinal misalignment that may cause irritation to the disc, disc bulges and disc herniation. With the help of a chiropractor, it is possible to ensure that the discs heal as fast as possible.

Dr. Yvonne of Essential Life Bose is trained in the Webster Technique, a technique developed specifically for pregnancy. The technique focuses on the pelvic floor, specifically the bone that one sits on (and on which the baby rests). The Webster Technique is a safe way of restoring proper pelvic balance and function for pregnant mothers. Dr. Yvonne herself recently had her second baby and is well aware of the many benefits of the Webster Technique. ?I can?t imagine being pregnant without having access to chiropractic services,? says Dr. Yvonne. ?It made such a difference in my pregnancy, and I love helping others the same way it helped me.?

One can also find treatment for issues related to food sensitivity. Essential Life Boise recommends that anyone with stomach or digestive issues take a food sensitivity test. Some of the symptoms of food sensitivities include asthma, bedwetting, bronchitis, bursitis, canker sores, chronic back pain, Crohn?s disease, diarrhea and a number of other ailments ? a list of which can be found on Essential Life Boise?s site.

One individual who found themselves suffering from food allergy reports that, ?These tests are very simple and easy, yet can make a world of difference in health. My husband and I both took a test in 2013. We are so much healthier as a result. This is why I started to offer it as a service in my office. I have seen great results with all kinds of issues just by finding out what foods trigger symptoms and avoiding those foods. I found out that some of the healthy foods I was eating, like spinach and almonds, were not so healthy for my body. This can be key for weight loss and healing. 60% of our immune system comes from the health of our gut. If the gut isn?t happy, nobody is happy.?

Find out more about the chiro care clinic at https://www.facebook.com/essentiallifeboise. Interested parties are welcome to visit the company?s website for further details as well.

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