Boise Chiropractic Care Clinic Offers Services to Help People Get Out of Pain, Recover from Injury, and Remain Healthy

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Essential Life Boise, a chiropractic clinic in Boise, Idaho, with Dr. Yvonne as their board-certified and fully licensed doctor of chiropractic, has revealed that their services have the goal of helping people get out of pain, recover from injury, and remain healthy. Dr. Yvonne, who has suffered from illness for most of her life, felt that she had to discover the truth about health to be able to recover her health. As a result, she had traveled to various places, not just in the US but also all over the world, to find out the best methods for achieving wellness and health. Basically, what they offer is a non-surgical and drug-free method for achieving healing and wellness.

Dr. Yvonne says, ?Chiropractic care can help restore health and prevent injury by improving the structural integrity of the body, primarily the spine. At Essential Life Chiropractic, we provide a variety of services to help our patients live an amazing life without pain and with wellness.?

The services they provide include: auto accident injury treatment; cold laser therapy; treatment for spinal disc injuries; food sensitivities; Webster technique; treatments for health and wellness; low back pain treatment;

pediatric illness treatment; pregnancy care; sports injuries treatment; headache treatment; and jaw pain treatment.

People who were involved in an auto accident will likely need treatment even if they don?t feel any pain. This is because the symptoms of whiplash injury may take weeks or months before they appear. Whiplash is the result of a sudden movement of the head, in any direction, that causes damage to the supporting muscles, connective tissues, and ligaments in the upper back and neck. Getting whiplash treatment is vital because by the time the symptoms are felt, more serious complications may have already developed.

Cold laser therapy involves the use of wavelengths of light to speed up the healing processes. This usually requires the use of a handheld device or a device on a stand. Such a device is positioned over the injured area for about 30 seconds to 7 minutes. The light emitted can go as deep as 2 to 5 centimeters under the skin and it stimulates biochemical changes in the cells. The benefits of cold laser therapy include: relief from chronic pain; reduction of edema; relief from acute pain; and hastening of the recovery of the structural integrity of the injured area.

Chiropractic adjustments can be used to help heal the discs of the spine that have been injured due to a number of factors, such as heavy lifting, overuse injuries, sports injuries, car accidents, scoliosis, weak core muscles, and more. In diagnosing the presence of disc injuries, the chiropractor will examine posture and palpation of the spine, and may also take motion x-rays of the neck or lower back.

Essential Life Boise recommends food sensitivity testing for people who have stomach or digestive issues. This will reveal foods that can trigger symptoms so that they can be avoided. This is essential because 60 percent of the immune system is from the state of health of the gut.

Dr. Yvonne is also trained in the Webster Technique, which is specifically for pregnant women. Focus is made on the bones, muscles, and ligaments of the pelvic floor. The sacrum is the bone on which the baby is resting on but this can become twisted and the round ligament that holds the baby up can get knots. The result is pain for the expectant mother and difficulty in the baby coming out. The healthy alignment of the round ligaments and sacrum reduces the pain, decreases tension on the uterus, and allows easier delivery.

People who are interested in learning more about how chiropractic can help them be free from pain and recover from injury may want to visit the Essential Life Boise website at https://elifeboise.com/ or contact them through the phone, or via email. They are open on 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.

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