Dr. Yvonne From Essential Life Chiropractic Encourages Health And Wellness Planning For The New Year

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Dr. Yvonne from Essential Life Chiropractic in Boise Idaho is encouraging those living in Boise, Idaho to prioritize their health for the new year. The doctor says that she is offering her services for anyone suffering from pain who wants to make the new year their year of health and wellness.

The clinic offers treatments for those who were in auto accidents, those with disc injuries, those with food sensitivity, lower back pain, sports injuries, headaches, and jaw pain. It also offers cold laser therapy for those who need it. It also provides advice on topics such as weight loss, fitness, sporting performance, thyroid function, heart disease, cancer, diabetes, hormone imbalance, immune boosting, digestive health, depression, and childhood disorders such as ADHD and autism.

Chiropractic is a non-surgical treatment that heals the body by fixing its structural integrity. A lot of work in chiropractic focuses on the alignment of the spinal cord. The human spine has 24 bones each of which are connected to certain regions of the body through nerves. The spine is separated into 3 broad sections, the neck, the mid-back, and the low-back. These sections protect the nervous system. Each area of bone is there to protect the nerve system as it runs to its assigned portion of the body. When there are problems in the nervous system, the body will begin to react in unpredictable and painful ways. As an example, problems with bones in the neck can cause problems from the back of the head to the ear, pain in the trapezius muscle down to the arms and hands. A lot of times carpal tunnel can be caused by a bone in the neck disturbing the nerve telling the arm/hand how to work.

Dr. Yvonne says that she has felt the pain first hand and she can empathize with those going through the same problems. She traveled the world and learned about the truth behind health. She says that she wants to help her community by giving them the benefits of the knowledge and experience that she has acquired. She

specializes in pediatric chiropractic and pregnancy chiropractic.

Speaking about her own experience with health problems, she says, ?Growing up, I had subluxations. I didn?t eat bad foods, I exercised daily, I drank tons of water, yet I was put on medications. When the medication didn?t work, we cut the medication in half or doubled it, or tried a different one altogether. Unfortunately, all this did for me was make things worse. I would get my hopes up every doctor?s appointment hoping the new dosage or drug would help me to feel better but my hopes were always crushed. While I was in the Doctor of Chiropractic program and at my sickest, I learned that chiropractic was about more than just low back pain so I had my x-rays sent to me from when I was in high school. Not only did I have a bad back at 16, but I also had a backward curve in my neck. I needed corrective chiropractic but I didn?t know that chiropractic was for more than just back pain and headaches even though I went to a chiropractor off and on as a kid.?

Students of chiropractic like Dr. Yvonne believe that there is an amazing healing power inside of the brain and spinal cord. They believe that life flows from the brain down the spinal cord out the nerves to every cell, tissue, and organ. Damage to the spinal cord can happen due to incidents such as a car wreck, sports injuries, or even the trauma involved in being born. When the curves of the spinal cord are lost, the spinal cord can no longer fit perfectly inside the spinal canal. This loss of curve or misalignment of the vertebrae is called a subluxation. Chiropractic doctors take subluxations very seriously and treat them with the same seriousness as cancer or a heart attack.

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